



# Stay Cool Shasta!

## Get plenty to drink

- Stay hydrated by drinking plenty of fluids before you feel thirsty, especially water. Avoid alcohol and sugary drinks (e.g. soda), and drinks with caffeine.

## Stay Cool Indoors

- Get to an air-conditioned location for at least a few hours each day, such as a friend's house or cooling center (cooling centers are listed on the back). When it's really hot, swamp coolers and fans may not be enough.
- Cool off with cool water showers, baths or swimming.

## Wear light clothing and sunscreen

- Choose lightweight, light-colored and loose fitting clothing.
- A wide-brimmed hat will help keep your head cool.
- Use sunscreen with an SPF (sun protection factor) of 15 or higher and reapply every two hours while in the sun (all skin types).

## Schedule outdoor activities carefully

- Avoid exertion during the hottest parts of the day.
- Take frequent, regularly scheduled breaks in a cool or shaded place.
- Never leave kids or pets in a parked car.
- If your heart pounds, you become out of breath, lightheaded, confused, weak or feel faint, stop your activity and rest in a cool or shady area.

## Know the symptoms of heat-related illness

- Symptoms of heat stroke are: unconsciousness; confusion; red, dry, and hot skin; throbbing headache. Symptoms of heat exhaustion are: weakness, headache, nausea, fatigue, dizziness, pale skin.
- If you feel ill, seek medical attention or call 911.

## Help with utility bills for seniors

- If you are a senior who needs help paying your cooling bill, contact Power to Seniors at 223-6034.

# **SHASTA COUNTY PUBLIC AIR CONDITIONED PLACES**

## **NORTHWEST**

### **John Beaudet Senior Community Center**

1525 Median Ave, Shasta Lake, 275-2506  
Hours: Monday - Friday, 9 am - 1 pm

## **REDDING**

### **Good News Rescue Mission** \* Open July 4<sup>th</sup>

3100 South Market St., Redding, 242-5920  
Hours: Daily, 7 am - 7 pm

### **Mt. Shasta Mall** \* Open July 4<sup>th</sup>

900 Dana Dr., Redding, 223-3575  
Hours: Monday - Saturday, 10 am - 9 pm, Sunday, 11 am - 6 pm

### **Redding Library**

1100 Parkview Ave., Redding, 245-7250  
Hours: Monday - Thursday, 10 am - 8 pm, Friday - Saturday, 10 am - 6 pm, Sunday, 1 pm - 5 pm

## **SOUTHWEST**

### **Anderson Library**

3200 West Center St., Anderson, 365-7685  
Hours: Tuesday - Friday, 9 am - 6 pm, Saturday, 10 am - 2 pm

### **Cottonwood Community Library**

3427 Main Street, Cottonwood, 347-4818  
Hours: Monday - Tuesday, 11 am - 5 pm, Wednesday, 11 am - 6 pm, Saturday, 10 am - 2 pm,  
Closed: Thursday, Friday, Sunday

### **Frontier Senior Center**

2081 Frontier Trail, Anderson, 365-3254 \*available to seniors only  
Hours: Monday - Friday, 8:30 am - 5 pm

## **SHASTA COUNTY COOLING CENTERS**

*Cooling Centers: Volunteer Sites Open to the Public When Requested*

## **EAST**

### **Burney Fire Protection District**

37072 Main Street, Burney, 335-2212, Contact: Adrian Rogers, Fire Chief

### **Intermountain Fairgrounds, Ingram Hall**

44218 A Street, McArthur, 336-5695, Contact: Kourtney Woodward

## **REDDING**

### **First United Methodist Church**

1825 East Street, Redding, 243-2403  
Hours: Monday – Thursday 9 am – noon; closed Friday, Saturday, Sunday

### **St. James Lutheran Church**

2500 Shasta View Dr., Redding, 221-6474  
Hours: Monday - Thursday, 8 am – 2:30 pm; Friday 8 am – 12 noon

## **SOUTHWEST**

### **Shasta District Fairgrounds**

1890 Briggs St., Anderson, 378-6789,  
Hours: Monday - Friday, 8 am - 5pm