



VISIT A
COOLING
CENTER

WWW.SFCITY.ORG

TOO HOT FOR YA?

Cool off at one of our
Cooling Centers!

Recreation Park | 208 Park Avenue, San Fernando

9/4/19 and 9/5/19 | 9 am to 9 pm

Las Palmas Park | 505 S. Huntington Street, San Fernando

9/4/19 and 9/5/19 | 9 am to 9 pm

Be sure to:

- ✓ Drink plenty of water or juice
- ✓ Avoid alcohol and caffeine
- ✓ Wipe skin with cool water as needed
- ✓ Wear lightweight and light-colored clothing
- ✓ Stay inside during the hottest time of the day (11 am - 4 pm)
- ✓ Seek relief from the heat in air conditioned locations
- ✓ Check on older, sick, or frail people in your community who may need help responding to the heat
- ✓ Never leave children or pets alone in closed vehicles, even for short periods of time

For a list of cooling centers and information on heat-related illnesses and prevention, please visit the Public Health website at publichealth.lacounty.gov or call 2-1-1. To locate the nearest cooling center, go to lacounty.gov/heat. Call your local cooling center for hours of operation.