



**JOINT PRESS RELEASE**

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FOR IMMEDIATE RELEASE

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### **CSD and City Open Cooling Centers in Elk Grove**

Elk Grove — In response to the extended heat wave, the Cosumnes Community Services District (CSD) and the City of Elk Grove have opened two cooling centers as a proactive safety precaution for residents who may be unsheltered or living in homes without air conditioning.

The following cooling centers are now open:

Barbara Morse Wackford Community & Aquatic Complex  
9014 Bruceville Road  
2 to 9 p.m.

Laguna Town Hall  
3020 Renwick Ave  
2 to 9 p.m.

The cooling centers will offer seating, water and an air conditioned room that will provide shelter from the heat. The cooling centers will be operated by CSD staff. Laguna Town Hall can accommodate small pets only. Pets are not permitted at the Barbara Morse Wackford Community & Aquatic Complex.

Besides cooling centers, other options are stores, community centers, public libraries, coffee shops and family and friends' homes.

**Prevention is the key. Avoid becoming dehydrated, stay in a cool environment, and dress appropriately.**

Sacramento County recommends the following advice to stay cool during the heat wave:

- Drink plenty of water and avoid very cold drinks
- Take cool showers to lower your body temperature

- Limit your exposure to the sun – stay indoors where it is air-conditioned or go a public place that is air conditioned
- Wear lightweight, light-colored and loose-fitting clothing

Heat exhaustion and heat stroke are the most common heat-related illnesses. Warning signs of heat exhaustion include:

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

Warning signs for heat stroke are severe and include:

- High body temperature
- Absence of sweating and hot red or flushed dry skin
- Rapid pulse
- Difficulty breathing
- Strange behavior
- Hallucinations
- Confusion
- Agitation
- Disorientation
- Seizure
- Coma

If you or someone you know is experiencing any of these severe symptoms, dial 9-1-1 immediately.

Sacramento County public health information can be found at [www.scph.com](http://www.scph.com). For information about public transit in Elk Grove, call e-tran at 916-683-8726 or visit [www.e-tran.org](http://www.e-tran.org). For more information about emergency preparedness, visit [www.elkgrovecity.org/ep](http://www.elkgrovecity.org/ep). Air quality information in the Sacramento region is available at [www.sparetheair.com](http://www.sparetheair.com). For real-time emergency alerts visit [www.sacramentoready.org](http://www.sacramentoready.org).

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