



Cooling Zones

Cooling Zone – Normally open locations where the public can get relief from the heat; generally, these are not supported with resources i.e. libraries, community centers, shopping malls, theaters, etc.

Cooling Centers - A Cooling Center is a temporary air-conditioned public space set up by local authorities to deal with the health effects of extreme heat over an extended period of time. Usually sited at several locations throughout a city, Cooling Centers are meant to prevent heat stroke or heat exhaustion, especially among the elderly or those without air conditioning at home. Cooling Centers provide shade, water, and sometimes medical attention, along with referrals to social services.

PLEASE CHECK WITH LOCATIONS FOR HOURS OF OPERATION OR EXTENDED EVENING HOURS!

City of Lathrop - Generations Center located at 450 Spartan Way
Through Wednesday, August 19, from 1pm-8pm.
Masks required and temperature check upon entry.

City of Manteca Cooling Center – Manteca Transit Center located at 220 Moffat Blvd.
Through THURSDAY, August 20, from 1:00 pm – 9:00 pm.
Masks required and temperature check upon entry.

City of Ripon – Heartland Community Church located at 518 W. Main St.
Through Wednesday August 19, from 3pm-6pm.
Masks required and temperature check upon entry.

City of Stockton – Van Buskirk Community Center located at 734 Houston St. and
Arnold Rue Community Center located at 5758 Lorraine Ave
Open through Wednesday August 19, from 2 pm – 7 pm.

City of Tracy - Transit Station located at 50 E 6th St
Monday-Friday from 8am-7pm, and Saturday from 10am-6pm.
TRACER will also offer FREE fixed route bus rides on days temperatures are forecasted to be 100 degrees and above.

Extreme Heat Fact Sheet & Tips

Never leave infants, children, or pets unattended in your vehicle

- Children up to age 4, people taking certain medications, persons with disabilities, and seniors age 65 and over are particularly less able to cope with hotter weather and should be monitored throughout the day for signs of heat-related illness.
- **Drink more fluids** - Drink a glass of fluid every 15 to 20 minutes and at least one gallon each day. Avoid alcohol and caffeine. They both dehydrate the body.
- **If you need to work or go outdoors** - Wear light colored, loose-fitting clothing. Avoid the hottest parts of the day by scheduling activities during cooler hours (generally mornings and evenings). Also be sure to wear a hat and use sunscreen because sunburn affects the body's ability to cool itself. Don't over exert.
- **Stay cool indoors** - Turn on an air conditioner or evaporative cooling system. If you don't have access to air conditioned space at home, please visit a local shopping mall, senior center, public library, community center, or other facility that is open to the public.
- Do not rely only on electric fans during a heat wave. When the temperature is in the 90s or above, a fan will not prevent heat-related illness. A cool shower or bath is a better way to beat the heat and keep body temperatures at safer levels.
- **Use common sense** - Avoid hot meals and heavy, spicy foods when the weather gets hot. Eat smaller meals more often.
- If you, or someone you know, may be at risk for heat-related illness, talk to a doctor or pharmacist.

Call 9-1-1 in the event of an emergency

For Local information and updates:



Connect with SJC Office of Emergency Services

Webpage: SJReady.org

Facebook: facebook.com/sjcoes

Twitter: [@SJC_OES](https://twitter.com/SJC_OES)

Nextdoor: SJC OES