



Surviving the HEAT

Tips from the L. A. County
Health Department

Revised
2 New Listings in Palmdale

The list of L. A. County *Cooling Centers* is attached to these hot weather safety precautions.

If you are planning to visit one of these *Cooling Centers*, it is advisable that you call in advance to make sure there is still seating available. If a *Cooling Center* is not operational, check the attached list for another *Cooling Center* nearest you or call “211”. Check with your local library when looking for a place to cool down. They have great resources and plenty to read while you escape the heat. For further information on Heat Waves go to <http://lacoa.org/PDF/ESP10/Jul10.pdf>

If you plan to be outdoors, please take precautions to protect yourself from the sun and heat.

- Avoid the sun from 10 a.m. to 3 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored lightweight, loose-fitting clothes when you are outdoors
- Avoid hot, heavy meals that include proteins.
- Set your air conditioner between 75° to 80° . If you don't have air conditioning take a cool shower twice a day and visit air-conditioned public facilities.
- Drink plenty of fluids even if you are not thirsty. Avoid alcohol.
- Use sun screen with a sun protection factor of at least 15 if you need to be in the sun.

Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst.

A list of the locations and hours of operation for the Cooling Centers in Los Angeles County is attached and can be accessed by dialing 2-1-1.

LOS ANGELES COUNTY
COMMUNITY COOLING CENTERS

2011

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Alhambra	Joslyn Adult Recreation Center TEMPORARILY CLOSED FOR RENOVATIONS	(626) 570-5056	210 N Chapel Ave	91801	TEMPORARILY CLOSED FOR RENOVATIONS	
Altadena	Altadena Senior Center	(626) 798-4971	560 East Mariposa St.	91001	Mon –Fri	8 am – 5 pm
Arcadia	Arcadia Senior Center	(626) 574-5130	365 Campus Drive	91007	Mon –Fri	*8:30 am – 4:30 pm
Artesia	Artesia Library	(562) 865-6614	18722 S. Clarkdale Ave.	90701	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Avalon	Avalon Library	(310) 510-1050	215 Sumner Ave	90704	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Azusa	Azusa Library	(626) 812-5232	729 N. Dalton	91702	Mon -Wed Thur Fri – Sat	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm
Azusa	Azusa Senior Center	(626) 812-5204	740 North Dalton	91702	Mon -Thur Fri *Sun When temp reaches 100°	8:30 am – 4 pm 8:30 am - 1:30 pm *10 am – 4 pm
Azusa	Memorial Park	(626) 812-5287.	320 N Orange Place	91702	Mon -Fri Sat-Sun	1 pm – 6 pm 10 pm – 4 pm
Bellflower	Clifton Brakensiek Library	(562) 925-5543	9945 E. Flower Street	90706	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Carson	Carson Library	(310) 830-0901	151 East Carson Street	90745	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Claremont	Alexander Hughes Community Ctr.	(909) 399-5490	1700 Danbury Road	91711	Mon – Thur Fridays Sat	7:30 am – 9 pm 7:30 am – 6 pm 8:00 am – 2:00 pm
Claremont	Blaisdell Senior Center	(909) 399-5367	440 S. College Ave	91711	Mon -Fri	10 am - 2 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Claremont	Claremont Library	(909) 621-4902	208 North Harvard Ave	91711	Tue - Thur Fri – Sat Sun	10 am – 8 pm 8 am – 6 pm 1 pm – 5 pm
Claremont	Joslyn Senior Center, Claremont	(909) 399-5488	660 N. Mountain Ave	91711	Mon -Fri	8 am – 5 pm
Compton	Dickison Community Lighted Schools	(310) 637-6971	600 N. Alameda St	90221	Mon -Fri	9 am - 5 pm
Compton	Dollarhide Senior Center	(310) 605-5688	1108 N. Oleander Ave	90222	Mon –Fri	8 am – 5 pm
Compton	East Rancho Dominguez Svc Ctr	(310) 603-7401	4513 E. Compton B.	90221	Mon –Fri	8 am – 5 pm
Covina	YWCA San Gabriel Valley - Intervale Senior Services	(626) 960-2995	943 No. Grand Ave	91724	Mon –Fri	9 am – 4:30 pm
Culver City	Culver City Senior Center	(310) 253-6700	4095 Overland Ave	90232	Mon -Fri Sat-Sun	9 am - 4 pm 12 pm - 4 pm
Diamond Bar	Diamond Bar Library	(909) 861-4978	1061 S. Grand Ave	91765	Mon – Thur Fri – Sat	12 pm – 9 pm 10 am – 5 pm
El Monte	El Monte Library	(626) 444-0506	3224 Tyler Avenue	91731	Mon – Thur Fri - Sat	10 am – 8 pm 8 am – 6 pm
El Monte	Jack Crippen Multi-Purpose Senior Center	Mon –Thursday (626) 580-2210 Fri-Sat-Sun (626) 580-2211	3120 N Tyler Ave	91731	Mon-Thur Fri Sat – Sun	7 am - 5:30 pm 8 am-2 pm Call 626 580-2211
Gardena	Asian Community Service Center	(310) 217-7300	14112 S. Kingsley Dr	90249	Mon -Fri	8 am – 5 pm
Gardena	Gardena Senior Citizens Bureau Nakaoka Community Center	(310) 217-9537	1670 W. 162 nd Street	90247	Mon -Fri Sat	8 am – 9 pm 8 am – 1 pm
Glendale	Glendale Parks and Recreation Community Svcs	(818) 548-3775	201 E Colorado Blvd	91205	Mon - Sat	8 am - 4 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Hacienda Heights	Hacienda Heights Library	(626) 968-9356	16010 La Monde Street	91745	Mon – Th Fri Sat Sun	9 am – 9 pm 9 am – 6 pm 9 am – 5 pm 1 pm – 5 pm
Hacienda Heights	Steinmetz Senior Center	(626) 934-7041	1545 S. Stimson Ave	91745	Mon -Fri	8 am - 5 pm
Hawaiian Gardens	Hawaiian Gardens Library	(562) 496-1212	12100 Carson St., #E	90716	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Hollywood	Hollywood Senior Center	(323) 957-3900	1360 N. Saint Andrews Pl.	90028	Mon -Fri	8:30 am - 4:30 pm
La Mirada	La Mirada Activity Center	(562) 902-3160	13810 La Mirada Blvd	90638	Mon -Fri	8 am - 8 pm
La Mirada	La Mirada Library	(562) 943-0277	13800 La Mirada Blvd	90638	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Lakewood	Angelo M. Iacoboni Library	(562) 866-1777	4990 Clark Avenue	90712	Tue – Thur Fri - Sat	10 am – 8 pm 8 am – 6 pm
Lakewood	George Nye, Jr. Library	(562) 421-8497	6600 Del Amo Blvd	90713	Tu – Thur Fri – Sat	10 am – 8 pm 8 am – 6 pm
Lancaster	Antelope Valley Senior Ctr.	(661) 726-4400	777 W. Jackman St	93534	Mon –Fri	8 am –5 pm
Littlerock	Jackie Robinson Park	(661) 944-2880	8773 East Avenue R	93543	Mon -Fri Sat	9 am – 9 pm 8 am – 5 pm
Lomita	Lomita Library	(310) 539-4515	24200 Narbonne Ave	90717	Tue - Thur Fri - Sat	10 am – 8 pm 8 am – 6 pm
Los Angeles	Centro Maravilla Service Center	(323) 260-2804	4716 Cesar E. Chavez Ave.	90022	Mon-Fri	8 am – 5 pm
Los Angeles	East Los Angeles Library	(323) 264-0155	4837 East 3 rd Street	90022	Mon-Th Fri Sat Sun	10 am – 9 pm 9 am – 5 pm 10 am – 5 pm 1 pm – 5 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Los Angeles	East Los Angeles Service Center	(323) 260-2801	133 No. Sunol Dr.	90063	Mon – Fri	8 am – 5 pm
Los Angeles	Florence/Firestone Service Center	(323) 586-6502	7807 S Compton Ave	90001	Mon – Fri	8 am – 5 pm
Los Angeles	Roosevelt Senior Center	(323) 586-7228	7600 Graham Ave	90001	Mon -Fri	7:30 am - 5 pm
Los Angeles	Salazar Senior Center	(323) 260-2330	3864 Whittier Blvd	90023	Mon -Fri	8 am - 2 pm
Los Angeles	Washington Park Gym	(323) 586-7205	8908 S Maie Ave	90002	Mon -Fri	10 am - 8 pm
Los Angeles	Willowbrook Senior Center	(310) 217-5650	12915 So. Jarvis Ave	90061	Mon -Fri	8 am - 5 pm
Los Angeles	St. Barnabas Senior Services	(213) 388-4444	675 S. Carondelet Street	90057	Mon -Fri	8 am – 4 pm
Manhattan Beach	Manhattan Beach Library	(310) 545-8595	1320 Highland Avenue	90266	Mon – Wed Thur Fri Sat	10 am – 9 pm 10 am – 6 pm 12 pm – 6 pm 10 am – 5 pm
Marina del Rey	Lloyd Taber-Marina del Rey Library	(310) 821-3415	4533 Admiralty Way	90292	Mon Tu- Thur Fri Sat	11 am – 7 pm 11 am – 8 pm 12 pm – 6 pm 10 am – 5 pm
Monterey Park	Langley Senior Citizens Center	(626) 307-1395	400 W. Emerson Ave	91754	Mon -Fri Sat – Sun	8 am – 5 pm Call for Hours
Newhall	Santa Clarita Valley Senior Center	(661) 259-9444	22900 Market Street	91321	Mon – Fri Sat Sun	8am-4:30p 11 am – 10 pm 8:30 am – 4 pm
Norwalk	Alondra Library	(562) 868-7771	11949 Alondra Blvd	90650	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Norwalk	Norwalk Library	(562) 868-0775	12350 Imperial Hwy	90650	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm

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CITY	AGENCY NAME	PHONE	STREET ADDRESS	ZIP	DAYS & HOURS of OPERATION	
Norwalk	Norwalk Senior Center	(562) 929-5580	14040 San Antonio Dr	90650	Mon -Fri Sat	8 am - 7 pm 8 am - 5 pm
Palmdale	Palmdale City Library	(661) 267-5600	700 East Palmdale Blvd.	93550	Mon-Wed Sat	10 am – 8 pm 10 am – 5 pm
Palmdale	Desert Sands Park	(661) 267-5650	39117 3 rd Street East	93550	Mon – Fri	11 am – 6 pm
Paramount	Paramount Library	(562) 630-3171	16254 Colorado Ave	90723	Tue - Thur Sat	10 am – 8 pm 8 am – 6 pm
Pasadena	Pasadena Senior Center	(626) 795-4331	85 East Holly St	91103	Mon -Fri Sat	8:30 am - 4:30 pm 8:30 am - 3 pm
Pico Rivera	Pico Rivera Senior Center	(562) 948-4844	9200 Mines Ave	90660	Mon -Thur Fri	8 am - 5 pm 8 am - 3 pm
Pomona	Palomares Park Community Center	(909) 620-2324	499 East Arrow Hwy	91769	Mon –Thur Fri	10 am - 6 pm 10 am – 5 pm
Pomona	Washington Community Center	(909) 620-2324	865 E. Grand Ave.	91769	Mon –Thur Fri	10am-6pm 10am-5pm
Pomona	Westmont Community Center	(909) 620-2324	1808 West Ninth Street	91769	Mon – Thur Fri	10 am – 6 pm 10 am – 5 pm
Reseda	O.N.E. Generation Senior Enrichment Center	(818) 705-2345	18255 Victory Blvd	91335	Mon -Fri	7:30 am - 5 pm
Rowland Heights	Pathfinder Park	(562) 690-0933	18150 E Pathfinder Rd	91748	Tues - Sun	12 noon - 6 pm
Rowland Heights	Rowland Heights Library	(626) 912-5348	1850 Nogales Street	91748	Mon – Thur Fri Sat Sun	9 am – 9 pm 9 am – 6 pm 9 am – 5 pm 1 pm – 5 pm
San Dimas	San Dimas Senior Citizen/ Community Center	(909) 394-6293	201 E. Bonita Avenue,	91773	Mon – Fri	8 am – 5 pm
San Fernando	San Fernando Recreation Park	(818) 898-1290	208 Park Ave	91340	Mon-Fri	9 am – 6 pm

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San Pedro	San Pedro Service Center	(310) 519-6091	769 West Third Street	90731	Mon -Fri	8 am - 5 pm
Santa Clarita	Santa Clarita Public Library	(661) 259-8942	23743 West Valencia Blvd.	91355	Mon – Thur Fri Sat Sun	10 am – 9 pm 10 am – 6 pm 10 am – 5 pm 1 pm – 5 pm
So. El Monte	South El Monte Senior Center	(626) 448-0131	1556 Central Ave	91733	M, Tu, Th, F Wed	8 am - 5 pm 8 am – 8:30 pm
South Gate	South Gate Senior Center	(323) 357-9662	4855 Tweedy Blvd.	90280	Mon -Fri Sat - Sun	8 am – 5 pm Call 323 357-9662
South Pasadena	South Pasadena Senior Center	(626) 403-7360	1102 Oxley Street	91030	Mon -Fri	8 am – 5 pm *8 am – 7:30 pm *When 96° or above
Torrance	Bartlett Center	(310) 320-5918	1318 Cravens Avenue	90501	Mon-Sat Sun	8 am – 4 pm 12:30 pm – 4 pm
Torrance	Katy Geissert Main Library	(310) 618-5959	3301 Torrance Blvd.	90503	Mon – Thur Fri Sat	10:00 am – 9:00 pm 10:00 am – 6:00 pm 10:00 am – 5:30 pm
Van Nuys	San Fernando Valley Service Ctr	(818) 901-3501	7555 Van Nuys Blvd	91405	Mon -Fri	8 am - 5 pm
Westlake Village	Westlake Village Library	(818) 865-9230	31220 W. Oak Crest Drive	91361	Mon Tu – Wed Thur - Fri Sat Sun	Closed 10 am – 8 pm 11 am – 6 pm 11 am – 5 pm 1 pm – 5 pm
Whittier	Los Nietos Senior Center	(562) 699-9898	11640 E. Slauson Ave	90606	Mon -Fri	8 am – 5 pm

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Whittier	South Whittier Library	(562) 946-4415	14433 Leffingwell Road	90604	Mon – Wed Thur Fri – Sat	12 pm – 8 pm 11 am – 6 pm 10 am – 5 pm
Whittier	Whittier Senior Center	9562) 464-3370	13225 Walnut Street	90602	Mon – Fri Sat Sun	8 am – 5 pm 8:30 am – 12:30 pm 12:00 pm – 4:00 pm

For a listing of Los Angeles City Cooling Centers go to www.lacity.org or call “311”