

## 2020 Alameda County Extreme Heat Cooling Centers

### ***Be careful in the Summer Heat!***

Extremely hot weather can be very harmful to many people – it can be just as bad -- or worse -- than the cold.

You can find up-to-the-moment heat-related National Weather Service weather info here:

<https://www.wrh.noaa.gov/wrh/heatrisk/?wfo=hnx>

***Symptoms of Heat-Related Illness:*** Extremely high body temperature (103°+), difficulty breathing, red hot dry skin (no sweating), dizziness, fatigue, rapid pulse, nausea, confusion, faintness, headaches, muscle cramps, unconsciousness.

If you experience these symptoms seek medical attention.

**Be Careful!** Heat and sun are threats to aging folks, babies and children, disabled persons, folks with medical conditions or who take medication, and folks who drink or use drugs.

**Be Aware!** Check on your neighbors. If you see someone passed out or in bad shape, they could be suffering or dying from heat and sun. Check in with them, and see if they are OK. If needed, call 911 and get them help!

**Wellness Checks!** Outreach agencies and concerned neighbors should reach out to people that they know could be at risk. Bring water, and check in with folks to make sure that they are ok in the heat.

**Water!** People on the streets don't have ready access to water. It is both compassionate and useful to provide bottled water to people, in addition to sunscreen, hats and umbrellas for protection.

**Animals!** Pets will suffer from heat, give them shade to rest in and plenty of water.

**Cooling Center!** A cooling center is a facility, such as a senior center, community center or library, where people may go to get out of life-threatening heat during a heat wave. Cooling centers are for everyone, especially those at risk of getting a heat-related illness. During **Covid-19**, listed facilities must follow procedures developed by the Alameda County Public Health Officer: <http://www.acphd.org/2019-ncov.aspx>

Please call the cooling center nearest you for hours of operation during hot weather.

View the following links for more Heat Advisory Information:

<http://www.acphd.org/health-alerts/heat-advisory.aspx>

<https://www.weather.gov/mtr/>

## 2020 Alameda County Extreme Heat Cooling Centers

**Alameda:**

Location	Address & Phone	Hours
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TBD

**Berkeley:**

Location	Address & Phone	Hours
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TBD

**Castro Valley:**

Location	Address & Phone	Hours
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TBD

**Dublin:**

Location	Address & Phone	Hours
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TBD

**Emeryville:**

Location	Address & Phone	Hours
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TBD

**Fremont:**

Location	Address & Phone	Hours
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TBD

**Hayward:**

Location	Address & Phone	Hours
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TBD

**Livermore:**

Location (Covid-19 approved)	Address & Phone	Hours
Robert Livermore Community Center	4444 East Ave. 925-373-5760	Monday - Friday, 9 am - 5 pm; Sat, 9 am – 1 pm (Recreation Bldg.)

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### Newark:

Location	Address & Phone	Hours
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TBD

### Oakland:

Location	Address & Phone	Hours
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TBD

### Pleasanton:

Location	Address & Phone	Hours
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TBD

### San Leandro:

Location	Address & Phone	Hours
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TBD

### San Lorenzo:

Location	Address & Phone	Hours
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TBD

### Union City:

Location	Address & Phone	Hours
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TBD