# SURVIVING THE HEAT

**Tips from L. A. County's**

**Emergency Survival Program**

**www.espfocus.org**

## MAY 2014

**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** for LA County or 311 for LA City. 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/ESP_FocusSheet_Heatwave_0710.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 a public air conditioned facility.
- Check on elderly neighbors and family and friends who do not have air conditioning.
- 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.
- Don't forget about your pets, they need plenty of water and shade.
- Insulate your home by installing weather stripping around your doors and window sills to keep the cool air inside.

Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst. For more information or additional locations, please call 211 for LA County or 311 for LA City.

**LOS ANGELES COUNTY**

# COMMUNITY COOLING CENTERS

## 2014

NOTE: The list of Cooling Centers on the following pages are listed **alphabetically** by "**City**". This information is also available by dialing 2-1-1, the Los Angeles County Info Line. Days and hours highlighted in yellow indicates agency is open on Saturday and/or Sunday.

| CITY | AGENCY NAME | PHONE | STREET ADDRESS | ZIP | DAYS & HOURS of OPERATION | |
|---|---|---|---|---|---|---|
| Alhambra | **Joslyn Adult Recreation Center** | (626) 570-5056 | 210 N Chapel Ave. | 91801 | Mon –Fri | 8 am – 5 pm |
| Altadena | **Altadena Senior Center** | (626) 798-4971 | 560 East Mariposa St. | 91001 | Mon –Fri | 8 am – 5 pm |
| Arcadia | **Arcadia Community Center** | (626) 574-5130 | 365 Campus Drive | 91007 | Mon –Fri | 8 am – 4 pm |
| Arcadia | **Arcadia Public Library** | (626) 821-4364 | 20 W. Duarte Rd. | 91006 | Mon – Thur<br>Fri - Sat | 10 am – 9 pm<br>10 am – 6 pm |
| Arcadia | **Methodist Hospital of So. California** | (626) 898-8960 | 300 W. Huntington Drive | 91007 | Mon – Fri | 8:00 am – 5:00 pm |
| Artesia | **Artesia Library** | (562) 865-6614 | 18722 Clarkdale Ave. | 90701 | Tue - Thur<br>Sat | 10 am – 8 pm<br>8 am – 6 pm |
| Avalon | **Avalon Library** | (310) 510-1050 | 215 Sumner Ave. | 90704 | Tue - Thur<br>Fri – Sat | 11 am – 7 pm<br>9 am – 5 pm |
| Azusa | **Azusa Library** | (626) 812-5232 | 729 N. Dalton | 91702 | Mon -Wed<br>Thur<br>Fri – Sat | 10 am – 9 pm<br>10 am – 6 pm<br>10 am – 5 pm |
| Azusa | ***Azusa Senior Center** | (626) 812-5204 | 740 N. Dalton | 91702 | Mon -Thur<br>Fri | 8:30 am – 4 pm<br>8:30 am - 1:30 pm |
| *Note: Azusa Senior Center will open on Sunday between 10 am – 4 pm when local temperatures reach 100° | | | | | | |
| Azusa | **Memorial Park** | (626) 812-5287. | 320 N. Orange Place | 91702 | Mon -Fri<br>Sat-Sun | 1 pm – 6 pm<br>10 am – 4 pm |
| Baldwin Park | **Julia McNeill Senior Center** | (626) 813-5245 | 4100 Baldwin Park Blvd. | 91706 | Mon – Fri | 7 am – 3 pm |
| Baldwin Park | **Morgan Park Community Center** | (626) 813-5245 | 4100 Baldwin Park Blvd. | 91706 | Mon – Fri | 7 am – 8 pm |
| Bellflower | **Clifton Brakensiek Library** | (562) 925-5543 | 9945 E. Flower Street | 90706 | Tue - Thur<br>Sat | 10 am – 8 pm<br>8 am – 6 pm |

| CITY | AGENCY NAME | PHONE | STREET ADDRESS | ZIP | DAYS & HOURS of OPERATION | |
|---|---|---|---|---|---|---|
| Burbank | **Buena Vista Library** | (818) 238-5620 | 300 N. Buena Vista St | 91505 | Mon - Thur<br>Fri<br>Sat<br>Sun | 10 am – 9 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Burbank | **Burbank Central Library** | (818) 238-5600 | 110 N. Glenoaks Blvd | 91502 | Mon – Thur<br>Fri<br>Sat | 9:30 am – 9 pm<br>9:30 am – 6 pm<br>10:00 am – 6 pm |
| Carson | **Carson Library** | (310) 830-0901 | 151 East Carson Street | 90745 | Tue - Thur<br>Sat | 10 am – 8 pm<br>8 am – 6 pm |
| Claremont | **Alexander Hughes Community Ctr.** | (909) 399-5490 | 1700 Danbury Road | 91711 | Mon – Thur<br>Fridays<br>Sat | 8 am – 9 pm<br>8 am – 6 pm<br>8 am – 2 pm |
| Claremont | **Blaisdell Senior Center** | (909) 399-5367 | 440 S. College Ave. | 91711 | Mon -Fri | 10 am - 2 pm |
| Claremont | **Claremont Library** | (909) 621-4902 | 208 North Harvard Ave. | 91711 | Tue - Thur<br>Fri – Sat<br>Sun | 10 am – 8 pm<br>8 am – 6 pm<br>1 pm – 5 pm |
| Claremont | **Joslyn Senior Center, Claremont** | (909) 399-5488 | 660 N. Mountain Ave. | 91711 | Mon -Fri | 8 am – 5 pm |
| Compton | **Dollarhide Senior Center** | (310) 605-5688 | 1108 N. Oleander Ave. | 90222 | Mon –Fri | 8 am – 5 pm |
| Compton | **E. Rancho Dominguez Svc Ctr** | (310) 603-7401 | 4513 E. Compton Blvd | 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<br>Sat-Sun | 9 am - 5 pm<br>12 pm - 4 pm |
| Diamond Bar | **Diamond Bar Library** | (909) 861-4978 | 21800 Copley Drive | 91765 | Mon – Thur<br>Fri – Sat | 12 pm – 9 pm<br>10 am – 5 pm |
| Downey | **Barbara J Riley Community & Senior Center** | (562) 904-7223 | 7810 Quill Drive | 90242 | Mon & Fri<br>Tue-Thur<br>Sat | 8 am – 5 pm<br>8 am – 9 pm<br>10 am – 2 pm |
| Downey | **Downey City Library** | (562) 904-7360 | 11121 Brookshire Ave | 90241 | Mon – Thur<br>Fri – Sat | 10 am – 8 pm<br>10 am – 5 pm |
| Duarte | **Duarte Library** | (626) 358-1865 | 1301 Buena Vista Street | 91010 | Mon – Thur<br>Fri – Sat | 11 am – 8 pm<br>11 am – 6 pm |

| CITY | AGENCY NAME | PHONE | STREET ADDRESS | ZIP | DAYS & HOURS of OPERATION | |
|---|---|---|---|---|---|---|
| El Monte | **El Monte Library**<br>**Closed for Renovation** | (626) 444-9506 | 3224 Tyler Ave. | 91731 | Mon – Thur<br>Fri – Sat | 10 am – 8 pm<br>8 am – 6 pm |
| El Monte | **Jack Crippen Multi-Purpose Senior Center** | (626) 580-2210 | 3120 N Tyler Ave. | 91731 | Mon-Thur<br>Fri | 7:30 am – 9 pm<br>8 am – 5 pm |
| **Note: If local temperatures exceed 100 degrees, the Jack Crippen Multi-purpose Senior Center will open on Saturday and Sunday from 10 am to 5 pm.** | | | | | | |
| Gardena | **Asian Community Service Center** | (310) 217-7300 | 14112 S. Kingsley Drive | 90249 | Mon -Fri | 8 am – 5 pm |
| Gardena | **Gardena Senior Citizens Bureau Nakaoka Community Center** | (310) 217-9537 | 1670 W. 162nd Street | 90247 | Mon -Fri<br>Sat | 8 am – 9 pm<br>8 am – 1 pm |
| Glendale | **Adult Recreation Center** | (818) 548-3775 | 201 E Colorado St. | 91205 | Mon – Thur<br>Fri<br>Sat | 8 am - 8 pm<br>8 am – 5 pm<br>8 am – 4 pm |
| Glendale | **Sparr Heights Community Center** | (818) 548-2188 | 1613 Glencoe Way. | 91208. | Mon – Tues<br>Wed – Thur<br>Fri | 8 am – 5 pm<br>8 am – 6 pm<br>8 am – 3 pm |
| Hacienda Heights | **Hacienda Heights Library** | (626) 968-9356 | 16010 La Monde Street | 91745 | Mon – Th<br>Fri<br>Sat<br>Sun | 9 am – 9 pm<br>9 am – 6 pm<br>9 am – 5 pm<br>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 | 11940 Carson St. | 90716 | Tue - Thur<br>Sat | 10 am – 8 pm<br>8 am – 6 pm |
| Irwindale | **Irwindale Senior Center** | (626) 430-2283 | 16116 Arrow Highway | 91706 | Mon – Fri | 8 am – 4 pm |
| La Mirada | **La Mirada Activity Center** | (562) 902-3160 | 13810 La Mirada Blvd | 90638 | Mon -Fri | 8:30 am - 6 pm |
| La Mirada | **La Mirada Library** | (562) 943-0277 | 13800 La Mirada Blvd | 90638 | Tue - Thur<br>Sat | 10 am – 8 pm<br>8 am – 6 pm |
| La Puente | **Sunshine Park** | (626) 854-5559 | 515 So. Deepmead Ave. | 91744 | Mon – Sat | 12 pm – 8 pm |
| La Verne | **La Verne Community Center** | (909) 596-8776 | 3680 “D” Street | 91750 | Mon – Thur<br>Fri | 8:00 am – 6:30 pm<br>8 am – 4 pm |
| Lakewood | **Angelo M. Iacoboni Library** | (562) 866-1777 | 4990 Clark Ave. | 90712 | Tue – Thur<br>Fri – Sat | 10 am – 8 pm<br>8 am – 6 pm |

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|---|---|---|---|---|---|---|
| Lakewood | **George Nye Jr. Library** | (562) 421-8497 | 6600 Del Amo Blvd | 90713 | Tu – Thur<br>Fri – Sat | 10 am – 8 pm<br>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<br>Sat | 9 am – 9 pm<br>8 am – 5 pm |
| Lomita | **Lomita Library** | (310) 539-4515 | 24200 Narbonne Ave. | 90717 | Tue - Thur<br>Fri – Sat | 10 am – 8 pm<br>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 3rd Street | 90022 | Mon-Th<br>Fri<br>Sat<br>Sun | 10 am – 9 pm<br>9 am – 5 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| 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 | 8:30 am - 5 pm |
| Los Angeles | **Salazar Senior Center** | (323) 260-2330 | 3864 Whittier Blvd. | 90023 | Mon -Fri | 8 am - 5 pm |
| Los Angeles | **St. Barnabas Senior Services** | (323) 957-2222 | 1745 N. Gramercy Place | 90028 | Mon -Fri | 8:30 am – 4:30 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 | **For additional locations within the City of Los Angeles call 3-1-1 or go to: http://emergency.lacity.org/index.htm** | | | | | |
| Manhattan Beach | **Manhattan Beach Library**<br>**Closed for renovations** | (310) 545-8595 | 1320 Highland Avenue | 90266 | Tue – Friday<br>Sat | 2 pm – 6 pm<br>11 am – 3 pm |
| Marina del Rey | **Lloyd Taber-Marina del Rey Library** | (310) 821-3415 | 4533 Admiralty Way | 90292 | Mon<br>Tu- Thur<br>Fri<br>Sat | 11 am – 7 pm<br>11 am – 8 pm<br>12 pm – 6 pm<br>10 am – 5 pm |

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|---|---|---|---|---|---|---|
| Monrovia | **Monrovia Community Center** | (626) 256-8246 | 119 West Palm Ave. | 91016 | Mon - Thur<br>Fri – Sat<br>Sun | 8 am – 9 pm<br>8 am – 5 pm<br>Call (626) 256-8246 |
| Monrovia | **Monrovia Public Library** | (626) 256-8274 | 321 So. Myrtle | 91016 | Mon – Wed<br>Thur - Sat | 10:00 am – 8:00 pm<br>12:00 pm – 5:00 pm |
| Montebello | **Potrero Heights Park Community and Senior Center** | (626) 927-5430 | 8051 Arroyo Drive | 90640 | Mon – Fri | 8 am – 5 pm |
| Monterey Park | **Langley Senior Citizens Center** | (626) 307-1395 | 400 W. Emerson Ave. | 91754 | Mon -Fri<br>Sat – Sun | 8 am – 5 pm<br>Call for Hours |
| Norwalk | **Alondra Library** | (562) 868-7771 | 11949 Alondra Blvd | 90650 | Tue - Thur<br>Sat | 10 am – 8 pm<br>8 am – 6 pm |
| Norwalk | **Norwalk Library** | (562) 868-0775 | 12350 Imperial Hwy | 90650 | Tue - Thur<br>Sat | 10 am – 8 pm<br>8 am – 6 pm |
| Norwalk | **Norwalk Senior Center** | (562) 929-5580 | 14040 San Antonio Dr | 90650 | Mon -Fri<br>Sat | 8 am - 7 pm<br>8 am - 5 pm |
| Palmdale | **Palmdale City Library** | (661) 267-5600 | 700 East Palmdale Blvd. | 93550 | Mon-Thur<br>Fri-Sat<br>Sun | 10 am – 8 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Paramount | **Paramount Library** | (562) 630-3171 | 16254 Colorado Ave. | 90723 | Tue - Thur<br>Sat | 10 am – 8 pm<br>8 am – 6 pm |
| Pasadena | **Pasadena Senior Center** | (626) 795-4331 | 85 East Holly St | 91103 | Mon –Thur<br>Fri<br>Sat | 8:00 am - 8:00 pm<br>8:00 am - 4:30 pm<br>8:30 am – 3:00 pm |
| Pico Rivera | **Pico Rivera Senior Center** | (562) 948-4844 | 9200 Mines Ave. | 90660 | Mon -Thur<br>Fri | 8 am - 5 pm<br>8 am - 3 pm |
| Pomona | **Palomares Park Community Center** | (909) 620-2324 | 499 East Arrow Hwy. | 91769 | Mon –Fri | 10 am - 5 pm |
| Pomona | **Washington Community Center** | (909) 620-2324 | 865 E. Grand Ave. | 91769 | Mon –Fri | 10 am - 5 pm |
| Pomona | **Westmont Community Center** | (909) 620-2324 | 1808 West Ninth Street | 91769 | Mon – Fri | 2 pm – 5 pm |
| Reseda | **OneGeneration**<br>***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 |

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|---|---|---|---|---|---|---|
| Rowland Heights | **Rowland Heights Library** | (626) 912-5348 | 1850 Nogales Street | 91748 | Mon – Thur<br>Fri<br>Sat<br>Sun | 9 am – 9 pm<br>9 am – 6 pm<br>9 am – 5 pm<br>1 pm – 5 pm |
| San Dimas | **San Dimas Senior Citizen/ Community Center** | (909) 394-6290 | 201 E. Bonita Ave. | 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 |
| San Gabriel | **Asian Youth Center** | (626) 309-0622 | 100 West Clary Ave. | 91776 | Mon - Fri | 9 am – 6 pm |
| San Pedro | **San Pedro Service Center** | (310) 519-6091 | 769 West Third Street | 90731 | Mon -Fri | 8 am - 5 pm |
| Santa Clarita | **Santa Clarita Old Town Public Library** | (661) 259-8942 | 24500 Main Street | 91321 | Mon – Thur<br>Friday<br>Sat<br>Sun | 9 am – 8 pm<br>10 am – 6 pm<br>10 am - 5 pm<br>1 pm – 5 pm |
| Santa Clarita | **Santa Clarita Public Library** | (661) 250-3301 | 18601 Soledad Canyon | 91351 | Mon – Thur<br>Fri<br>Sat<br>Sun | 9 am - 8 pm<br>10 am - 6 pm<br>10 am - 5 pm<br>1 pm – 5 pm |
| Santa Clarita | **Santa Clarita Public Library** | (661) 259-8332 | 23743 West Valencia Bl. | 91355 | Mon – Thur<br>Fri<br>Sat<br>Sun | 10 am – 9 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>1 pm – 5 pm |
| Santa Clarita | **Santa Clarita Valley Senior Center** | (661) 259-9444 | 22900 Market Street | 91321 | Mon – Fri | 8 am - 4:30p |
| So. El Monte | **South El Monte Senior Center** | (626) 448-0131 | 1556 Central Ave. | 91733 | M, Tu, Th, F<br>Wed | 8 am - 5 pm<br>8 am – 8:30 pm |
| South Gate | **South Gate Senior Center** | (323) 357-9662 | 4855 Tweedy Blvd. | 90280 | Mon -Fri<br>Sat – Sun | 8 am – 5 pm<br>Call 323 357-9662 |
| South Pasadena | **South Pasadena Senior Center** | (626) 403-7360 | 1102 Oxley Street | 91030 | *Mon -Fri | *8 am – 5 pm |
| South Pasadena | **South Pasadena Public Library** | (626) 403-7340. | 1100 Oxley Street | 91030 | Mon – Wed<br>Thur – Fri<br>Sat<br>Sun | 11 am – 9 pm<br>10 am – 6 pm<br>10 am – 5 pm<br>1 pm – 5 pm |

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|---|---|---|---|---|---|---|
| Torrance | **Bartlett Center** | (310) 320-5918 | 1318 Cravens Ave. | 90501 | Mon-Sat<br>Sun | 8 am – 4 pm<br>12:30 pm – 4 pm |
| Torrance | **Katy Geissert Main Library** | (310) 618-5959 | 3301 Torrance Blvd. | 90503 | Mon – Thur<br>Fri<br>Sat | 10 am – 9 pm<br>10 am – 6 pm<br>10 am – 5:30 pm |
| Westlake Village | **Westlake Village Library** | (818) 865-9230 | 31220 W. Oak Crest Dr. | 91361 | Tu – Wed<br>Thur - Fri<br>Sat<br>Sun | 10 am – 8 pm<br>11 am – 6 pm<br>11 am – 5 pm<br>1 pm – 5 pm |
| Whittier | **Los Nietos Senior Center** | (562) 699-9898 | 11640 E. Slauson Ave. | 90606 | Mon -Fri | 8 am – 5 pm |
| Whittier | **Parnell Park Community & Senior Center** | (562) 567-9450 | 15390 Lambert Road | 90604 | Mon – Fri | 8 am – 9 pm |
| Whittier | **South Whittier Library** | (562) 946-4415 | 14433 Leffingwell Road | 90604 | Mon – Wed<br>Thur<br>Fri – Sat | 12 pm – 8 pm<br>11 am – 6 pm<br>10 am – 5 pm |
| Whittier | **Whittier Senior Center** | (562) 567-9470 | 13225 Walnut Street | 90602 | Mon – Fri<br>Sat<br>Sun | 8 am – 5 pm<br>8:30 am – 12:30 pm<br>12 pm – 4 pm |