



PRESS RELEASE

Glenn County Health & Human Services Agency
Department of Public Health



Public Information Officer Contact:
Amy Travis
530-934-6588

FOR IMMEDIATE RELEASE
Date: 6-24-15

Looking for a place to cool off?

Glenn County – The heat has returned to the north state. Summer heat waves can be dangerous, even deadly, especially to the very young and the old. As the summer days grow hotter it is important to remember how to protect you and your family from the effects of extended high heat exposure.

- Drink plenty of water – Drink water throughout the day, even when you are not thirsty and avoid caffeine and alcohol.
- Stay cool indoors – Complete outdoor activities in the morning or evening and go indoors to air conditioned buildings during the heat of the day.
- Pace yourself and wear appropriate clothes and sunscreen when outdoor activities are a must.
- Check on your neighbors and family – The heat is very hard on the elderly and those with medical conditions. Be sure to check on your loved ones and neighbors to ensure they have access to a place to cool down and are coping with the extreme heat.
- Don't forget your pets – The high heat is hard on your pets. Ensure they have access to shade and plenty of water. Bring them indoors to cool down and give them a break from the harsh heat. Never leave your pets in a car when it is hot.

Public buildings provide respite from the high heat. A cool zone is a location to get out of the heat for a period of time to let your body cool down. Cool zone facilities include libraries, community centers, malls, and senior centers. Cool zones do not offer snacks or water, only air conditioned facilities.

Here is a list of public buildings designated as cool zones in Glenn County:

- More -

<u>Bayliss</u>	
Bayliss Library 7830 Road 39 Tues 10:00 a.m. – 6:00 p.m.	
<u>Elk Creek</u>	
Elk Creek Library 455 Elm St. Thurs 2:00 p.m. – 6:00 p.m. Fri 12:00 p.m. – 4:00 p.m.	
<u>Hamilton City</u>	
Hamilton City Fire Department 420 1st St, Hamilton City, CA 95951 (530) 826-3355	
<u>Orland</u>	
Community Recovery & Wellness Center 1187 E. South St. Mon – Fri 8 a.m. – 5:00 p.m.	Orland Library 333 Mill St Mon, Wed, Fri 11:00 a.m. – 6:00 p.m. Tues, Thurs 11:00 a.m. – 7:00 p.m.
Harmony House 343 Yolo St Mon – Fri 10:00 a.m. – 4:30 p.m.	Health & Human Services Agency 604 E. Walker Mon – Fri 8:00 a.m. – 5:00 p.m.
<u>Willows</u>	
Behavioral Health 242 N. Villa Ave Mon – Fri 8:00 a.m. – 5:00 p.m.	Willows Library 201 N. Lassen Tues – Thurs 11:00 a.m. – 7:00 p.m. Fri & Sat 11:00 a.m. – 5:00 p.m.
Health & Human Services Agency 420 E. Laurel St. Mon – Fri 8:00 a.m. – 5:00 p.m.	Public Health 240 N. Villa Ave Mon – Fri 8:00 a.m. – 5:00 p.m.

For more information including updates, please go to our website:

http://www.countyofglenn.net/govt/departments/gchhsa/public_health/ or the Glenn County Sheriff's Office Facebook page.

Glenn County Public Health is open Monday through Friday 8 am – 5 pm and can be contacted at 530-934-6588 or 1-800-541-8655.

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