



**Riverside
University**
HEALTH SYSTEM
Public Health

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It's summer so that means opening of cool centers in Riverside County

With the arrival of summer, outside temperatures are expected to rise over the next several months and Riverside County residents will be looking for ways to escape the heat.

County health officials have a suggestion: spend some time at one or more of the county's cool centers and give yourself a break from the heat.

The 50-plus centers, located throughout Riverside County, officially open June 1, but county officials kicked off the summer season with a free public swim at the Banning City Municipal Pool the next day. The event featured free food, and information about water safety and health tips for dealing with the heat.

"It's a good way to get people thinking about the start of summer," said Public Health Director Sarah Mack, speaking of the kickoff celebration at the newly refurbished swimming facility. "It is meant to be fun, of course, but there is also a serious side when you consider the safety issues surrounding swimming and high temperatures."

The cool centers will be open to the public at no cost. The centers will be available through October as temperatures warrant.

“Some of our friends and neighbors may not have access to cooler conditions during the warm summer months. We want residents to be able to escape the extreme heat and high temperatures. The cool centers offer safety and comfort for residents and visitors throughout Riverside County,” said Brenda Salas Freeman, executive director of the Community Action Partnership of Riverside County.

High temperatures can be hazardous for many people, especially for the elderly and those with medical conditions. Heat-related injuries such as heatstroke, an illness that occurs when the body can no longer regulate its own temperature, can strike fast and pose life-threatening consequences.

The cool centers are coordinated by the Community Action Partnership of Riverside County, in conjunction with Riverside University Health System – Public Health, and are located in local libraries, senior and community centers. Light refreshments and water will be available at the locations.

For a list of cooling center locations, visit www.rivcoph.org