



**Riverside County
Public Health**



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Contact:

Jose Arballo Jr.

Senior Public Information Specialist

Riverside County Department of Public Health

Office: 951.358.5599 Cell: 951.712.3705

Email: jarballo@rivcocha.org

Cool Centers opening this week as temperatures predicted to rise in Riverside County

With temperatures expected to rise as summer approaches, health officials are opening dozens of cooling centers across Riverside County as a way to protect residents from excessive heat.

The centers are available at no cost and provide a break from the sometimes triple-digit temperatures that can bake the region. The National Weather Service is predicting 100-plus degree temperatures in some portions of Riverside County this week.

“As the weather grows hotter in the summer months, it is critical that we provide residents with protection from the excessive heat. We understand that not all of our neighbors may have access to cooler conditions, so we are glad to offer this option for the safety of 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 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 the health department, and are located in local libraries, senior and community centers. Light refreshments and water will be available at some locations.

For a list of cooling center locations, visit <http://www.rivcohealthdata.org/home/index.php/cool-centers>