

City of Arts & Innovation

News Release

FOR IMMEDIATE RELEASE:

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Contact:

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Riverside Prepares for High Temperatures, Opens Cool Centers

With temperatures expected to top 100 degrees through Friday, Riverside urges caution

RIVERSIDE, Calif. – With triple-digit temperatures forecast for the next two days and only minor relief expected through the weekend, the City of Riverside is urging residents to take advantage of Cool Centers that are available to the public.

Temperatures in Riverside are forecast to reach 104 degrees today and 100 degrees on Friday and remain in the high 90s through the weekend. The National Weather Service has issued a heat advisory for portions of Riverside and San Bernardino counties from 11 a.m. today through 9 p.m. Friday.

Cool Centers around Riverside, including community centers and libraries, are open and available for temporary relief from excessive heat during normal business hours. Cool Centers are not anticipated to be open after normal business hours, but the situation will be closely monitored and operating hours could be extended if needed. The public also is encouraged to visit businesses, such as malls and movie theaters, should they need relief from the heat.

Individuals susceptible to heat, such as the elderly and families with young children, are encouraged to visit a cool center during periods of excessive heat. Each center will have air conditioning, a resting area and water available.

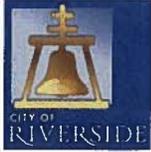
Heat Advisories are issued when the temperature (heat index or real-feel temperature) is expected to exceed 95 degrees. An Excessive Heat Warning would be issued when the temperature was expected to exceed 110 degrees.

Exercise caution during this period of excessive heat by drinking plenty of water, wearing light-weight clothing and curtailing non-essential outside activity. NEVER leave children or pets in cars. Neighbors also are encouraged to check on persons who may be susceptible to extreme heat, including the elderly, infirm and those with pre-existing medical conditions.

Cool Centers are located at:

- Janet Goeske Senior Center (Sierra Street)
- Dales Senior Center (White Park)
- La Sierra Senior Center (La Sierra Park)
- Arlanza Community Center (Bryant Park)
- Cesar Chavez Community Center (Bobby Bonds Park)
- Joyce Jackson Community Center (Nichols Park)
- La Sierra Community Center (La Sierra Park)
- Orange Terrace Community Center (Orange Terrace Park)
- Renck Community Center (Hunt Park)
- Ruth Lewis Community Center (Reid Park)
- Stratton Community Center (Bordwell Park)
- Arlington Library (Magnolia Avenue)
- Arlanza Library (Philbin Avenue)
- Casa Blanca Library (Madison Street)
- Eastside Library (Chicago Avenue)
- La Sierra Library (La Sierra Avenue)
- Main Library (Mission Inn Avenue)
- Marcy Library (Magnolia Avenue)
- Orange Terrace Library (Orange Terrace Parkway)

For tips on dealing with the heat or heat-related illnesses, go to www.readyriverside.com.



Heat Safety



Heat kills by taxing the human body beyond its abilities. In a normal year, over 175 Americans succumb to the summer heat. Of all natural hazards, only the cold of winter (not lightning, hurricanes, tornadoes, floods, or earthquakes) takes a greater toll. In the 40-year period from 1936 through 1975, nearly 20,000 people were killed in the United States by the effects of heat. In the disastrous heat wave of 1980, more than 1,250 people died. Staying safe during times of inclement weather is your responsibility and one you should take seriously. Your life depends on it!

More information: **City of Riverside Fire Department
Office of Emergency Management
(951) 320-8100**

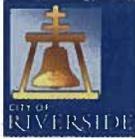
Heat kills. To keep cool during periods of excessive heat:

- Slow down. Avoid strenuous activity. If you must work outside, try to do it during the coolest part of the day – usually in the early morning.
- Stay indoors as much as possible. If you don't have air conditioning, stay on the lowest floor of a building, out of the sun. Use electric fans if you have them. They don't cool the air, but they do help sweat to evaporate, which cools your body.
- Drink plenty of water regularly, even if you don't feel thirsty. Your body needs fluids to keep cool. Avoid beverages with caffeine, such as coffee, and alcohol.
- Eat smaller meals, but eat more often.
- Wear loose, lightweight, light-colored clothing and a hat. Light colors reflect heat and sunlight, and help your body maintain normal temperatures.
- Don't get too much sun. Sunburn makes the body's job of keeping cool more difficult.
- Check on the elderly, children, and those who are ill; all are vulnerable to excessive heat.
- Ensure that your pets are provided with shade and adequate water.
- Don't go outdoors if you don't have to.
- Don't turn off air conditioning or fans to save money.
- Never leave children, elderly, disabled, or pets alone in a vehicle.

CITY OF RIVERSIDE - OFFICE OF EMERGENCY MANAGEMENT
(951) 320-8100
www.ReadyRiverside.com

City of Riverside

COOL CENTERS



City of Arts & Innovation



Cool Centers are public facilities that are open to the community for the purpose of seeking temporary relief from excessive heat.

The City of Riverside coordinates Cool Centers to provide drop-in sites for vulnerable individuals, seniors, the disabled, and others in need of temporary relief from the heat. Cool Centers are made available to the public when an "Excessive Heat Warning" is issued by the National Weather Service for our area. Residents are encouraged to observe safe summer activities during the warm summer months and to listen or watch for "Excessive Heat Warnings" on radio, television, and local newspaper.

Effective 07/09/14

SENIOR CENTERS

| | | |
|---|---|---|
| <p><u>Janet Goeske Senior Center</u> 5257 Sierra Street Tel: 951.351.8800 Monday-Friday 7:00am - 9:00pm Saturday 9:00am - 5:00pm Sunday 1:00pm - 5:00pm "Seniors Only"</p> | <p><u>Dales Senior Center</u> 3936 Chestnut Street Tel: 951.826.5303 Monday-Friday 9:00am - 6:00pm Saturday-Sunday Closed "Seniors Only"</p> | <p><u>La Sierra Senior Center</u> La Sierra Park 5215 La Sierra Avenue Tel: 951.351.6435 Monday-Friday 9:00am - 6:00pm Saturday-Sunday Closed "Seniors Only"</p> |
|---|---|---|

COMMUNITY CENTERS

| | | |
|--|--|---|
| <p><u>Arlanza Community Center</u> Bryant Park 7950 Philbin Avenue Tel: 951.351.6135 Monday- Thursday 8:00am - 9:00pm Friday 8:00am-6:00pm</p> | <p><u>Cesar Chavez Community Center</u> Bobby Bonds Park 2060 University Avenue Tel: 951.826.5746 Monday-Friday 8:00am - 5:00pm</p> | <p><u>Joyce Jackson Community Center</u> Nichols Park 5505 Dewey Avenue Tel: 951.351.6130 Monday-Thursday 3:00pm - 9:00pm Friday 3:00pm - 6:00pm</p> |
| <p><u>La Sierra Community Center</u> La Sierra Park 5215 La Sierra Avenue Tel: 951.351.6131 Monday- Friday 9:00am - 6:00pm</p> | <p><u>Orange Terrace Community Center</u> Orange Terrace Park 20010 Orange Terrace Parkway Tel: 951.826.5858 Monday-Thursday 9:00am - 9:00pm Friday 9:00am - 6:00pm</p> | <p><u>Renck Community Center</u> Hunt Park 4015 Jackson Street Tel: 951.351.6132 Monday-Thursday 3:00pm - 9:00pm Friday 3:00pm - 6:00pm</p> |
| <p><u>Ruth Lewis Community Center</u> Reid Park 701 N. Orange Street Tel: 951.826.5654 Monday-Thursday 3:00pm - 9:00pm Friday 3:00pm - 6:00pm</p> | <p><u>Stratton Community Center</u> Bordwell Park 2008 Martin Luther King Tel: 951.826.5355 Monday-Thursday 3:00pm - 9:00pm Friday 3:00pm - 6:00pm</p> | |

LIBRARIES

| | | |
|---|--|--|
| <p><u>Arlington Library</u> 9556 Magnolia Avenue Tel: 951.826.2291 Monday-Thursday 11:00 - 7:00pm Friday-Saturday 10:00am - 6:00pm</p> | <p><u>Arlanza Library</u> 8267 Philbin Avenue Tel: 951.826.2217 Monday-Thursday 11:00am - 7:00pm Friday-Saturday 10:00am - 6:00pm</p> | <p><u>Casa Blanca Library</u> 2985 Madison Street Tel: 951.826.2120 Monday-Thursday 11:00am - 7:00pm Friday-Saturday 10:00am - 6:00pm</p> |
| <p><u>Eastside Library</u> 4033-C Chicago Avenue Tel: 951.826.2235 Monday-Thursday 11:00am - 7:00pm Friday-Saturday 10:00am - 6:00pm</p> | <p><u>La Sierra Library</u> 4600 La Sierra Avenue Tel: 951.826.2461 Monday-Thursday 11:00am-7:00pm Friday-Saturday 10:00am - 6:00pm Sunday 12:00pm - 5:00pm</p> | <p><u>Main Library</u> 3581 Mission Inn Avenue Tel: 951.826.5201 Monday-Wednesday 11:00am - 7:00pm Thursday 11:00am - 9:00pm Friday-Saturday 10:00am - 6:00pm Sunday 12:00pm - 5:00pm</p> |

Marcy Library
 6927 Magnolia Avenue
 Tel: 951.826-2078
 Monday-Saturday
 10:00am - 6:00pm

Orange Terrace Library
 20010-B Orange Terrace Parkway
 Tel: 951.826.2184
 Monday-Thursday
 11:00 - 7:00pm
 Friday-Saturday
 10:00am - 6:00pm

An **EXCESSIVE HEAT WARNING** is issued when the heat index or real feel temperature is expected to reach 110 degrees or more in our area.

NOAA's National Weather Service

**Heat Index
 Temperature (°F)**

| | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 |
|-----|----|----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|
| 40 | 80 | 81 | 83 | 85 | 88 | 91 | 94 | 97 | 101 | 105 | 109 | 114 | 119 | 124 | 130 | 136 |
| 45 | 80 | 82 | 84 | 87 | 89 | 93 | 96 | 100 | 104 | 109 | 114 | 119 | 124 | 130 | 137 | |
| 50 | 81 | 83 | 85 | 88 | 91 | 95 | 99 | 103 | 108 | 113 | 118 | 124 | 131 | 137 | | |
| 55 | 81 | 84 | 86 | 89 | 93 | 97 | 101 | 106 | 112 | 117 | 124 | 130 | 137 | | | |
| 60 | 82 | 84 | 88 | 91 | 95 | 100 | 105 | 110 | 116 | 123 | 129 | 137 | | | | |
| 65 | 82 | 85 | 89 | 93 | 98 | 103 | 108 | 114 | 121 | 128 | 136 | | | | | |
| 70 | 83 | 86 | 90 | 95 | 100 | 105 | 112 | 119 | 126 | 134 | | | | | | |
| 75 | 84 | 88 | 92 | 97 | 103 | 109 | 116 | 124 | 132 | | | | | | | |
| 80 | 84 | 89 | 94 | 100 | 106 | 113 | 121 | 129 | | | | | | | | |
| 85 | 85 | 90 | 96 | 102 | 110 | 117 | 126 | 135 | | | | | | | | |
| 90 | 86 | 91 | 98 | 105 | 113 | 122 | 131 | | | | | | | | | |
| 95 | 86 | 93 | 100 | 108 | 117 | 127 | | | | | | | | | | |
| 100 | 87 | 95 | 103 | 112 | 121 | 132 | | | | | | | | | | |

Likelihood of Heat Disorders with Prolonged Exposure or Strenuous Activity

Caution
 Extreme Caution
 Danger
 Extreme Danger

Sources of Weather Information:

- <http://www.wrh.noaa.gov/sq/>
- <http://www.wunderground.com/US/CA/Riverside.html>
- <http://www.weather.com/weather/newscenter/alerts/nswxcategory/CA>
- 1-858-675-8700 (recorded weather information)

Sources of Heat Safety Information:

- <http://www.nws.noaa.gov/om/heat/index.shtml>
- <http://www.cdc.gov/niosh/topics/heatstress/>
- <http://emergency.cdc.gov/disasters/extremeheat/heattips.asp>

Extreme Heat Quick Tips:

- Drink plenty of fluids (nonalcoholic)
- Avoid liquids that contain alcohol or large amounts of sugar
- Stay indoors and, if at all possible, stay in an air-conditioned place
- Wear lightweight, light-colored, loose-fitting clothing

- Limit your outdoor activity to morning and evening hours
- Rest often and in shady areas
- Wear a wide-brimmed hat
- Check on adults who are at risk at least twice a day
- NEVER leave anyone in a closed, parked vehicle

County Cool Centers: The County of Riverside offers Cool Centers throughout the County. To locate a County Cool Center, visit: <http://www.capriverside.org>.

**City of Riverside Fire Department
 Office of Emergency Management
 951.320.8100**

<http://www.ReadyRiverside.com>