



COUNTY OF SAN DIEGO

NEWS RELEASE

FOR IMMEDIATE RELEASE
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****ADVISORY FOR WEATHER REPORTERS****

SENIORS AND DISABLED CAN FIND RELIEF FROM HEAT AT "COOL ZONES" *Designated "Cool Zone" Sites Throughout the County Offer Free Places To Escape The Heat*

People in frail health can easily be impacted by high temperatures and they may not know they're in trouble until it's too late. Older adults and disabled individuals, who would not generally have access to air conditioning, are urged to locate *Cool Zone* sites near them to use regularly during hot days.

Cool Zones are air-conditioned settings, at more than 150 sites throughout the County. These include County offices, libraries, private businesses, shopping centers and others. *Cool Zones* are identified by a blue and white polar bear logo that welcomes those who otherwise may be at risk for exposure to excessive heat and heat-related illnesses. Most *Cool Zones* are located in the hotter areas of the county.

The *Cool Zone* program is coordinated by Aging and Independence Services, of the County of San Diego Health and Human Services Agency. To find a *Cool Zone* or for more information about the program, call 800-510-2020, or visit the Agency Web site at www.sdcounty.ca.gov/hhsa.

Other tips to help the medically frail beat the heat:

- Be your most physically active in the early morning.
- Take cool baths or showers.
- Avoid using the oven.
- Wear lightweight, loose-fitting, light-colored clothing.
- Air out hot cars before getting into them.
- Drink more fluids than usual even if you do not feel thirsty. Avoid alcohol and caffeine.
- Eat small meals and eat more often. Avoid foods that are high in protein.

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