

## **HEAT AWARENESS AND BREA COOLING CENTER INFORMATION**

### **Heat Watches and Warnings:**

Typical summer temperatures in California contribute to approximately 20 deaths per year. The July 2006 Heat Wave in California was responsible for the death of 140 people over a 13 day period. It could take a number of days of oppressive heat for a heat wave to have a significant or quantifiable impact. Heat waves typically affect the lives of vulnerable populations.

**Excessive Heat Watch:** Is issued 36-48 hours in advance of an event to give advance notice of the possibility of excessively hot conditions.

**Excessive Heat Warning:** Is issued 0-36 hours in advance of an excessive heat event that is expected to last 2 days or more. Criteria consists of a heat index of at least 105 degrees F for more than 3 hours per day or 2 consecutive days, or heat index more than 115 degrees F for any period of time.

When heat watches or warnings are announced, the City of Anaheim will also announce the availability of cooling centers located throughout Anaheim.

### **Ways to Stay Cool:**

**Staying Cool Indoors:** Use your air conditioner to cool your home. If you don't have air conditioning, visit public facilities such as shopping malls, community centers or libraries to stay cool. Do not rely on electric fans as your primary cooling device during a heat wave. When the temperature is in the high 90's or higher, a fan will not prevent heat-related illness. A cool shower or bath is a more effective way to cool off.

**Drinking more fluids, especially water:** Don't wait until you are thirsty.

**Wear loose-fitting, light colored clothing:** Also wear a hat to protect against the sun.

**Checking often on those at high-risk:** This includes older adults, those with chronic medical conditions, people with disabilities, those who take certain medications and children. Make sure their air conditioner is turned on, or offer to take them to a cooler place.

**Draw the blinds:** Close the blinds or curtains early in the day to keep the house cooler.

**Ceiling fans:** Adjust the blades of ceiling fans to turn counter-clockwise to create more down draft and cool you.

**Run cool water on your wrists:** Or, splash water on your face. Even taking a cool shower to feel relief from the heat.

### **Cooling Center Locations:**

#### **Brea Community Center**

695 E. Madison Way  
(corner of Randolph and Madison)  
(714) 990-7100  
Monday-Friday: 6 a.m. - 10 p.m.  
Saturday: 7 a.m. - 3 p.m.  
Sunday: 8 a.m. - 3 p.m.  
(Holiday hours may vary slightly.)

#### **Brea Senior Center**

500 S. Sievers Ave.  
(714) 990-7750  
Open weekdays, 8 a.m. - 3 p.m.

Other indoor recreational venues such as local movie theaters, restaurants and shopping malls can also be visited to escape the heat.