



Office of the Sheriff

Office of Emergency Services

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“Cooling Zones” Press Release

July 8, 2021

Due to an **Excessive Heat Warning** in effect from noon on Saturday (7/10) to 9PM on Monday (7/12) the county will be opening a “Cooling Zone” in each of the four major communities; Chester, Greenville, Quincy and Portola.

Residents and visitors who may lack shelter or adequate home cooling systems may stop in and use these facilities. Water will be provided; however, there will not be any food items.

“Cooling Zones” will be operating from 12pm -7pm this Saturday and Sunday with a possibility of Monday as needed.

The facility cannot accommodate pets. There will not be first aid station set up in the “Cooling Zones” and if you need medical attention, please visit an Emergency Department or call 911.

“Cooling Zone” Locations:

Chester- Memorial Hall (225 Gay St, Chester)

Greenville- Town Hall (Bidwell Street, Greenville)

Quincy- Vets Hall (274 Lawrence Street, Quincy)

Portola- Vets Hall (449 West Sierra Ave, Portola)

Transportation: If you have a need for transportation to a “Cooling Zone” please call 530-283-6300.

We hope everyone remains safe, healthy and cool during this time and if you believe you are starting to suffer from a heat related illness or any other medical emergency, please call 911.

To protect yourself and your loved ones against heat related illness, consider the following safety tips:

- Slow down and avoid strenuous activities.
- Postpone/cancel outdoor activities.
- Stay in the shade, wear protective clothing and use sunscreen with a high sun protection factor (SPF) and ultraviolet type A (UVA) rating.
- Conserve electricity other than that used for cooling.
- Take a cool shower, bath or sponge bath.
- When outdoors, wear a broad-brimmed hat and loose-fitting, lightweight, light-colored clothing that will cover as much skin as possible.
- Drink plenty of fluids even if you do not feel thirsty. Water is the safest liquid to drink during heat emergencies.
- Avoid extremely cold drinks, which can cause cramping.
 - o Avoid drinks that contain alcohol or caffeine.
 - o If you are taking water pills or you limit the amount of fluid you drink on your doctor's orders, ask how much you should drink during hot weather.
- If you take medications, check with your doctor to see if you need to take extra precautions in extreme heat.
- If you must work outdoors, take frequent breaks in the shade or indoors.
- Use a buddy system when working in extreme heat.
- Avoid using salt tablets unless directed to do so by a physician.
- **NEVER** leave children, elderly or functional needs adults, or pets alone in closed vehicles.

Causes Of Heat-Related Illness

- Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs. Older adults, the very young, and people with mental illness and chronic diseases are at highest risk. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather.
- Factors that might increase your risk of developing a health-related illness: High levels of humidity, obesity, fever, dehydration, prescription drug use, heart disease, mental illness, poor circulation, sunburn, and alcohol use.

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