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FOR IMMEDIATE RELEASE

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Subject: City of South Pasadena Offers Cooling Centers and Heat Safety Tips as Temperatures Rise

South Pasadena, Calif.—With high outdoor temperatures forecasted this week, the City of South Pasadena wants residents to know about resources available to help them stay cool and safe.

When outdoor temperatures reach or exceed 96°F, the South Pasadena Senior Center, located at 1102 Oxley Street, and the South Pasadena Public Library, located at 1100 Oxley Street, will operate as Cooling Centers.

While at the Cooling Centers, residents can enjoy public Wi-Fi, computer access, and free literature. At the South Pasadena Senior Center, adults ages 55+ can participate in programs including yoga and line dancing for a fee. Attendees may be accompanied by a service animal, but pets are not allowed in the Cooling Centers.

Residents are invited to sit and enjoy the air conditioning during normal business hours. The South Pasadena Senior Center is open Monday through Friday from 8:00 a.m. to 5:00 p.m. The South Pasadena Public Library is open Monday 10:00 a.m. to 6:00 p.m., Tuesday through Thursday from 10:00 a.m. to 8:00 p.m., Friday through Saturday from 10:00 a.m. to 6:00 p.m., and Sunday from 1:00 p.m. to 5:00 p.m.

Los Angeles County Public Health reminds everyone to take precautions to avoid heat-related illness, especially older adults, young children, pregnant people, outdoor workers, athletes, and those with chronic medical conditions who are at more risk for negative health impacts from extreme heat. Public Health recommends the following actions be taken on days with high temperatures:

1. **Stay Hydrated:** Drink plenty of water to keep hydrated throughout the day. Your body loses water more rapidly through sweating to cool itself down. Drinking enough water helps you replenish the lost water and maintain proper bodily functions, prevent dehydration, and reduce the risk of heat-related illnesses.
2. **Think Ahead, Plan, and Protect:** If you need to go outside, avoid going out during the hottest hours. Wear sunscreen, lightweight and light-colored clothes and wear a hat or use an umbrella.
3. **Car Safety:** Cars get very hot inside, even with the windows cracked or open. Never leave children or pets in cars. Call 9-1-1 if you see a child or pet in a car alone in a car.
4. **Recognize Heat Illness:** Be aware of the symptoms of heat-related illness like heat exhaustion and heat stroke and know what to do to care for them. Call 9-1-1 right away if you see these symptoms: high body temperature (103°F or higher), vomiting, dizziness, confusion, and hot, red, dry, or damp skin. Heat stroke is a medical emergency.

5. Check on People More At-Risk: Regularly check on those at risk for heat-related illness, like those who are sick or have chronic conditions, older adults, pregnant people, children, those who live alone, pets, and outdoor workers and athletes.

6. Prepare for Power Outages: Visit your power company's website or contact them by phone to determine if you are scheduled for a rolling power outage.

County and City partners have planned ways to safely operate cooling centers during times of high heat. Residents who do not have access to air conditioning are encouraged to take advantage of additional free cooling centers, splash pads, and community pools. To find a location near you or for more information on cooling centers within Los Angeles County, please visit ready.lacounty.gov/heat.

Los Angeles County residents, including people with disabilities and others with access and functional needs can call 2-1-1 for emergency preparedness information and other referral services. The toll-free 2-1-1 number is available 24 hours a day, seven days a week. 211 LA County services can also be accessed by visiting 211la.org.

About the City of South Pasadena

The City of South Pasadena is a charming community, situated only six miles from downtown Los Angeles. Called the City of Trees, the area is known for its stunning homes, unique small businesses, and top-quality schools. South Pasadena's diverse population of about 25,000 occupies a mere 3.44 square miles of flatlands and hillsides on the west side of the San Gabriel Valley. This small-town atmosphere makes South Pasadena one of California's most desirable locations.

For more information about the City of South Pasadena, visit www.southpasadenaca.gov. Follow us on social media to keep up with the latest news: [YouTube](#), [Facebook](#), [X](#), and [Instagram](#) at [@southpasadenaca](#).

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