

PRESSRELEASE

Coalinga Police Department · 270 N. Sixth Street · Coalinga, CA 93210-1908 · (559) 935-2313 · Fax: (559) 935-1756
Website: www.coalinga.com
E-mail: police@coalinga.com

Calvin D. Minor
Chief of Police

For Immediate Release:

Date: June 30, 2013

Prepared By/Contact Person: Sgt. Chris Simons

COALINGA COOLING STATIONS AVAILABLE

For the 2013 summer season, the following locations are available as Cooling Stations for those in need of a location to shelter from the high temperatures:

The Coalinga Police Department's Front Lobby
270 N. Sixth Street
Coalinga Ca., 93210
935-1525.....24 hours a day

The Coalinga Fire Department
300 W. Elm Street
Coalinga Ca., 93210
935-1652.....24 hours a day

The City of Coalinga
155 W. Durian Street
Coalinga Ca., 93210
935-1531.....M-F, 8:00am - 5:00 pm.

The Coalinga Library
305 N 4th. Street
Coalinga Ca., 93210
935-1676.....M-Th. 10:00am - 8:00pm

Fri.-Sat. 10:00am - 5:00pm
closed on Sunday

Coalinga Park Recreation District (Senior Center)

220 E. Forest Street
Coalinga Ca., 93210
935-0727.....M-F 9:00am - 1:00 pm
closed on Sat. Sun.

As a reminder, Never Leave Children, Disabled Adults or Pets in Parked Vehicles

Each year, dozens of children and untold numbers of pets left in parked vehicles die from hyperthermia. Hyperthermia is an acute condition that occurs when the body absorbs more heat than it can handle. Hyperthermia can occur even on a mild day. Studies have shown that the temperature inside a parked vehicle can rapidly rise to a dangerous level for children, pets and even adults. Leaving the windows slightly open does not significantly decrease the heating rate. The effects can be more severe on children because their bodies warm at a faster rate than adults.

Additionally, remember to reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health problems should stay in the coolest available place, not necessarily indoors.

Wear lightweight, light-colored clothing to reflect heat and sunlight.

Drink plenty of water, non-alcoholic and decaffeinated fluids. Your body needs water to keep cool. Drink plenty of fluids even if you don't feel thirsty. **Do not drink alcoholic beverages and limit caffeinated beverages.**

During excessive heat periods, spend more time in air-conditioned places. If you cannot afford an air conditioner, go to one of the Cooling Stations listed above for part of the day.

Don't get too much sun. Sunburn reduces your body's ability to dissipate heat.