

PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: June 30, 2023

CONTACT: Megan Groshong, Clinical Nursing Coordinator, (530) 245-6853,
mgroshong@co.shasta.ca.us

PUBLIC AIR-CONDITIONED SPACES HELP PREVENT HEAT-RELATED ILLNESS

SHASTA COUNTY – In response to the National Weather Service’s Excessive Heat Warning for this weekend, HHSA, in collaboration with community partners, has compiled a list of [air-conditioned spaces](#) that are open to the public during business hours throughout the summer (see attached documents). The public can also call the Extreme Temperature Information Line for a list of locations and hours, (530) 229-8882.

From July 1 to September 30, all RABA bus routes are fare-free for everyone. Catch a free ride to anywhere RABA goes, including air-conditioned public spaces, all summer long.

Just a few hours in air-conditioning can significantly reduce a person’s risk of heat-related illness. People at greater risk are:

- Elderly
- Sick
- Living in a home or shelter without air conditioning
- Working or exercising outdoors
- Living on a fixed or low income (some may not turn on air conditioning due to cost)
- Experiencing homelessness

Stay safe in the heat:

- Stay hydrated
- Dress in light-colored, loose-fitting, breathable clothing
- Stay indoors in air-conditioned spaces, especially in the heat of the day and evening (fans can provide comfort, but they may not be adequate to prevent heat-related illness)
- Move outdoor activities indoors or to the cooler parts of the day
- Take cool baths or showers
- [Know the signs of heat exhaustion and heat stroke](#)
- Call 911 if you suspect heat stroke

- Never leave people or pets in closed cars on warm days
- Ensure pets have plenty of water and shade all day as the sun moves; bring them into air-conditioned spaces, if possible

There are no Cooling Centers activated at this time. Cooling Centers differ from air-conditioned spaces. For Cooling Center information and heat safety, visit ShastaHeatSafety.org.

#