



Office of Emergency Services

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FOR IMMEDIATE RELEASE

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Cooling Centers Now Open Throughout San Joaquin County

Heat Advisory in effect for the Northern San Joaquin Valley starting at 11 a.m. Monday, July 22, 2024, through 11 p.m. Wednesday, July 24, 2024

Stockton, CA – The National Weather Service has issued a Heat Advisory for the San Joaquin Valley as major heat risk returns this week with temperatures forecasted to reach over 105 degrees in the Northern San Joaquin Valley. Certain libraries and community centers are operating as cooling centers to provide a safe, air-conditioned refuge for community members seeking relief from the heat. For a complete list of cooling centers, please go to www.sjready.org.

Higher temperatures elevate the risk of heat-related illnesses, such as heat cramps, heat exhaustion, and heat stroke. Community members including outdoor laborers, those without access to air conditioning, young children, older adults, and individuals with chronic medical conditions are the most vulnerable to heat impacts and are encouraged to seek refuge at a cooling center.

Community members are encouraged to check in frequently with older adults and those with chronic medical conditions who are especially vulnerable to the heat, including family, friends, and neighbors. If you see someone who may be suffering from a heat illness, please call 911 immediately. Community members should also take the following heat safety measures:

- Drink plenty of water and beverages containing electrolytes even if you do not feel thirsty. Avoid alcohol, caffeine, or lots of sugar because they can speed up fluid loss.
- Limit physical activity during peak heat hours of 10 a.m. to 7 p.m.
- Never leave people or pets in a closed, parked car.
- Cool off by taking a bath or shower.
- Wear light weight, light colored, and loose-fitting clothing to help you keep cool.
- Do not bundle babies or put them in heavy clothing.
- Wear a wide-brimmed, vented hat or use an umbrella when outdoors.
- Wear sunglasses and sunscreen.
- Rest often and find shady places to cool down when outdoors.
- Check on family, friends, and neighbors.

- People taking medications should take extra precautions to stay out of the heat.
- Drugs such as stimulants can increase body core temperature and may predispose individuals to hyperthermia.

For additional information, please visit www.sjready.org.

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About the Office of Emergency Services

The Office of Emergency Services (OES) is at the forefront of ensuring the safety and resilience of the San Joaquin County community. At OES, our unwavering commitment is to protect lives, property, and the environment across all phases of emergency management: preparedness, response, recovery, and mitigation. We understand the dynamic nature of emergencies and disasters and strive to create a safer and more resilient community for all.

OES Website: www.sjready.org

X: [@SJC_OES](https://twitter.com/SJC_OES)

Facebook: [@sjcoes](https://www.facebook.com/sjcoes)

Instagram: [@sjc_oes](https://www.instagram.com/sjc_oes)

Nextdoor: [San Joaquin County Office of Emergency Services](https://www.nextdoor.com/neighborhood/san-joaquin-county-office-of-emergency-services)