



City of Twentynine Palms
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CITY OFFERS HEAT ADVISORY AND COOLING CENTER INFORMATION

With summer temperatures now reaching the triple-digit level, the City of Twentynine Palms urges residents to help reduce the risk of heat-related problems by following a few simple steps to stay cool:

-Turn on air conditioning, swamp coolers, portable or ceiling fans to help keep rooms cooler.

-Increase your fluid intake, especially water, regardless of your activity level. Avoid alcohol and caffeinated beverages such as coffee, tea, and soda.

-If you or someone you know is feeling ill from the heat, remove them from the heat immediately, offer water, and seek medical help or call 911.

-Limit outdoor activity to morning and evening hours.

-If you work outside, start drinking fluids before your job begins and keep drinking fluids. Try to arrange your work schedule for the cooler hours of the day.

Seniors, infants, young children, and people with chronic health conditions are most vulnerable to health problems during hot weather and should take extra precautions. Residents should also check on their elderly family members, neighbors, and friends during extremely hot weather to make sure they are safe and comfortable. Remember to drink plenty of fluids, wear lightweight, loose-fitting clothing, and pace yourself when outside.

The City of Twentynine Palms reminds residents that the Twentynine Palms Senior Center, located at 6539 Adobe Road, is climate controlled and open for residents to cool off Monday through Friday from 9 a.m. to 5 p.m. Should the heat index reach 115 degrees, or other conditions necessitate, the Senior Center will be the city's designated Cooling Center and may remain open for extended hours. For questions or assistance, residents can call the Senior Center at 760-367-5780.

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