Sample Press Release: Cooling Centers Opened

**For Immediate Release**

**Cooling Centers Opened**

In response to the ongoing exceptionally high temperatures, Cooling Centers have been opened at the following locations for residents who need to escape the heat.

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| Location 1 nameAddressHours of operationAdditional services (e.g., pet friendly) | Location 1 nameAddressHours of operationAdditional services (e.g., pet friendly) |
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Cooling Centers are air-conditioned facilities that are open to the public for those seeking relief from the heat. These facilities will have chairs and water. Residents are responsible for bringing any needed medications, snacks, and individual entertainment.

**Who should seek a Cooling Center?**

* Anyone who can’t escape the heat.
* Infants and children up to four years old are particularly sensitive to high temperatures and must rely on others to regulate their environments and provide adequate liquids.
* People 65 years and older may not compensate for heat stress efficiently and are less likely to sense and respond to a change in temperature.
* People who overexert during work or exercise may become dehydrated and more susceptible to heat related illnesses.
* People with certain medical conditions (especially heart disease or high blood pressure), who take certain medications (such as for depression, insomnia, or poor circulation), may be particularly vulnerable to high temperatures.

***Adapted from:***

* [*Marin County Extreme Temperature Emergency Annex*](https://www.marinsheriff.org/assets/downloads/OES/Extreme-Temp-Annex_July-2010_final-approved.pdf)*, Appendix F: Sample Press Releases*