

*Office of Emergency Services*  
777 S. Main St., Milpitas, CA 95035  
(408) 586-2801



FOR IMMEDIATE RELEASE: October 13, 2020

**Milpitas Cooling/Clean Air Center is OPEN Thursday and Friday of this week!**

The City of Milpitas will host a cooling/clean air center on Thursday, October 15, from 10am to 8pm; and Friday, October 16, from 10am to 6pm at the Milpitas Senior Center, located at 40 N. Milpitas Boulevard.

**Hot Weather Safety Tips**

- Drink water even if you don't feel thirsty. Avoid alcohol, caffeine or lots of sugar because they will speed up fluid loss.
- Limit physical activity: Avoid physical activity during the hottest time of the day—10 a.m.-3 p.m.
- Never leave people or pets in a closed, parked car.
- Stay in air-conditioned areas, whenever possible.
- Cool off by taking a bath or shower: Cool, plain water baths or moist towels work best. Do not cool children in alcohol baths.
- Lightweight, light-colored and loose-fitting clothing can help you keep cool. Cotton clothes are good because they let sweat evaporate.
- Wear a wide-brimmed, vented hat or use an umbrella when outdoors because your head absorbs heat easily.
- Wear sunglasses and sunscreen: Use sunscreen with SPF 15 or higher when outdoors.
- Rest often in shady areas: Find shady places to cool down when outdoors.
- Check on frail or elderly family, friends, or neighbors often.

**If you see someone on the street who may be having a life-threatening reaction to the heat, please call 911.**

**Due to coronavirus, participants are required to check-in, wear a mask, and stay socially distant.** Animals, other than service-animals, are not permitted inside the facilities.

For Santa Clara County Locations, go to 211.org or

<https://www.sccgov.org/sites/oes/residents/Pages/hot-weather-information.aspx>

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