



WOODBURN

O R E G O N
Incorporated 1889



July 28, 2009

What is a Cooling Center?

On unusually hot summer days, a Cooling Center is a place where you can go to cool off. City of Woodburn has established two "Cooling Centers" in City facilities, to assist the elderly, chronic invalids, the homeless, and other members of the community, during the current Heat Emergency Advisory.

Can I go to a Cooling Center?

Yes. Cooling Centers are for everyone, especially those at risk of getting a heat-related illness:

- Senior citizens
- People with a medical condition
- People with a disability
- Infants and young children

The Community Room at Woodburn Police Department – 1060 Mount Hood Avenue, and City Hall Council Chambers at 270 Montgomery Street- have been designated as "Cooling Station," sites for Tuesday and Wednesday, July 28th & 29th, 2009. These facilities qualified for this designation by having access to "basic necessities" (to survive the hot summer): air-conditioned facilities and water. Hours for each location are Woodburn Police Department (8am – 9pm) and Woodburn City Hall Council Chambers (8am – 9pm).

To avoid the necessity of seeking out a Cooling Station, during the hot summer, it is suggested that everyone "manage" the heat by heeding the following suggestions:

- ...wear light, loose-fitting clothing;
- ...drink water often, don't wait until you are thirsty;
- ...offer assistance to shut-ins in your neighborhood; check on them frequently during hot weather;
- ...during peak heat hours, stay in an air-conditioned area. If you don't have access to air-conditioning in your home, visit public facilities such as shopping malls, parks, and libraries to stay cool;
- ...avoid unnecessary exertion if you are outside or in a non-air conditioned building;

...avoid unnecessary sun exposure. When in the sun, wear a hat, preferably one with a wide brim.