

## IMPORTANT INFORMATION REGARDING EXTREME HEAT WARNING

## **COOLING CENTERS IN ALBANY**

The National Weather Service has issued a heat warning for the entire San Francisco Bay Area. Much of the population is at risk to the heat. Please take these preparedness actions:

- Drink more water than usual.
- Limit outdoor strenuous activities during the hottest time of the day.
- Help elderly, kids & pets stay cool.
- Seek air-conditioned buildings. \*\*
- Wear light colored clothing & a hat.
- Never leave children or pets alone in a parked vehicle.

\*\* The City of Albany has opened two cooling centers for the community today. The Senior Center and Community Center will be open today, June 10th, until 8pm where people may go to get out of the heat during the heat wave. Cooling centers are for everyone, especially those at risk of getting a heat-related illness.

Albany Community Center, 1249 Marin Ave. - (510) 524-9283 Albany Senior Center, 846 Masonic Ave. - (510) 524-9122