



Beat the Heat

Summer months bring fun, sun, and heat! Sometimes, the heat can become dangerous, especially for children, pets, people who work outside, and people with certain health conditions. Staying safe in high heat is important.

Follow these simple tips to stay cool:

- * Drink plenty of cool water! Stay hydrated.
- * Wear loose, light-colored clothing that will keep you cool. Wear sunscreen and a hat for protection.
- * Check on neighbors who might be vulnerable to the heat, especially those without air conditioning.
- * Never leave children or pets in a car - not even for one minute. Temperatures inside a car can quickly skyrocket to deadly levels.
- * If you work or play outside, take frequent breaks to hydrate and cool off in the shade.
- * Symptoms of heat-related illness include dizziness, fatigue, faintness, headaches, muscle cramps, and increased thirst. If you experience these symptoms, seek medical attention.

Visit a Cooling Center

If you need to cool off, the County of is offering a cooling center where you can beat the heat. Cooling center is open and available during regular hours of operation unless otherwise noted. The cooling station will provide bottled water. Please bring your own snacks. You can call 2-1-1 or use the information below to find out more about cooling center locations and hours of operation.

Local Facilities

List of facilities that are open to the public and serve as cooling centers during normal hours of operation unless otherwise noted. As the need for more facilities increases, an updated list will follow.

- * Dimmit County Rodeo Arena & Conference Center (12pm-5pm)

Dimmit County Facilities

For more information about cooling stations, call Dimmit County 2-1-1 or visit the Dimmit County website for a listing of active cooling centers: www.dimmitcounty.org.

