

PRESS RELEASE

FOR IMMEDIATE RELEASE

DATE: July 14, 2023

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COOLING CENTERS OPEN IN REDDING AND SHASTA LAKE CITY

SHASTA COUNTY – In response to extreme heat Shasta County HHSa, in collaboration with community partners, is operating Cooling Centers at:

St. James Lutheran Church

2500 Shasta View Dr., Redding

Noon – 8 p.m. | Saturday 7/15 and Sunday 7/16

Shasta Lake City – Visitor Center

1525 Median Ave., Shasta Lake City

1 – 8 p.m. | Saturday 7/15

Noon – 6 p.m. | Sunday 7/16

Cooling Center services available:

- Water
- Outlets for charging equipment

Cooling Centers are open to everyone in the community.

Cooling Centers are opened at existing facilities (libraries, churches, senior centers, etc.) located strategically throughout the county. The centers are open for limited timeframes during the hottest part of a heat event to provide relief from extreme temperatures. The centers are staffed by HHSa employees.

There are additional places to cool off in Shasta County. Visit ShastaHeatSafety.org for a list of [Air-conditioned Spaces](#) available during regular business hours.

From July 1 to September 30, all RABA bus routes are fare-free for everyone. Catch a free ride to anywhere RABA goes, including Cooling Centers. Ride RABA Monday-Saturday and [Shasta Connect](#) on Sundays.

Just a few hours in air-conditioning can significantly reduce a person's risk of heat-related illness. People at greater risk are:

- Elderly
- Sick
- Living in a home or shelter without air conditioning
- Working or exercising outdoors
- Living on a fixed or low income (some may not turn on air conditioning due to cost)
- Experiencing homelessness

Stay safe in the heat:

- Stay hydrated
- Dress in light-colored, loose-fitting, breathable clothing
- Stay indoors in air-conditioned spaces, especially in the heat of the day and evening (fans can provide comfort, but they may not be adequate to prevent heat-related illness)
- Move outdoor activities indoors or to the cooler parts of the day
- Take cool baths or showers
- [Know the signs of heat exhaustion and heat stroke](#)
- Call 911 if you suspect heat stroke
- Never leave people or pets in closed cars on warm days
- Ensure pets have plenty of water and shade all day as the sun moves; bring them into air-conditioned spaces, if possible.

For Cooling Center updates, call the Extreme Temperature Information Line at (530) 229-8882. For more information about how to take care of yourself and others in the heat, visit ShastaHeatSafety.org.

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