COOLING CENTER OPEN FOR LABOR DAY WEEKEND

The City of Gardena will be opening an emergency cooling center at Rush Gymnasium on September 5, 2020 and September 6, 2020 from 12:00pm to 6:00pm. In accordance with the current Health Officer Order, all visitors must practice physical distancing and wear a face covering.

If you plan to be outdoors this weekend, please protect yourself by doing the following:

- Avoid the sun from 10:00am to 3:00pm, when the burning rays are the strongest
- Reduce physical activity
- Wear a wide-brimmed hat and lightweight clothing
- Avoid hot, heavy meals that are heavy in protein
- Drink plenty of fluids, even if you are not thirsty
- Use sunscreen with a sun protection factor of at least 15
- Give your pets plenty of water and shade

Symptoms of dehydration and heat-related illness include dizziness, fatigue, faintness, headaches, muscle cramps, and increased thirst. Call 911 if you experience high body temperature, vomiting, and pale or clammy skin.

Rush Gym is located at 1651 W. 162nd Street Gardena, CA 90247.

For more information or additional cooling center locations, please call 211 or visit ready.lacounty.gov/heat.

Sincerely,

Clint Osorio
City Manager