



# City of Monterey Park News Release

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## **Extreme Heat on the Rise, Langley Senior Center Designated as Cooling Center**

Monterey Park, Calif. – June 15, 2017 – Due to extreme high heat, the [City of Monterey Park](#) has designated [Langley Senior Citizen Center](#) as a cooling center for Monterey Park residents. Langley center will be open on Saturday and Sunday from 8 a.m. to 5 p.m. and is located at 400 W. Emerson Avenue in Monterey Park.

The National Weather Service is forecasting the temperature to reach 90 degrees today and continuing to escalate through next week, potentially reaching as high as 98 degrees on Tuesday. In response to the extreme high heat, the [Monterey Park Fire Department](#) urges everyone to be careful and take precautions to prevent dehydration, heat stroke, and other heat-related illnesses. Here are some safety and prevention tips:

- Drink more fluids, regardless of your activity level. Don't wait until you're thirsty to drink. Warning: If your doctor generally limits the amount of fluid you drink or has you on water pills, ask your doctor how much you should drink while the weather is hot.
- Don't drink liquids that contain alcohol or large amounts of sugar. Avoid very cold drinks, because they can cause stomach cramps.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to Langley center, the shopping mall, or public library.
- Don't forget your pets – they need water and shade too.
- Wear lightweight, light-colored, loose-fitting clothing.
- Never leave anyone or your pet in a closed, parked vehicle.
- Please visit and check on your family members, neighbors, and friends, especially if you know they don't have air conditioning.

To learn where additional cooling centers are located in Los Angeles County and to learn the symptoms of dehydration, heat exhaustion and other heat-related illnesses, and what to do, visit the Los Angeles County Extreme Heat Website at [http://lacoa.org/ht\\_extreme%20heat.htm](http://lacoa.org/ht_extreme%20heat.htm).

### **Media Contact**

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