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Riverside County Cool Centers open June 1 to give residents a reprieve from heat

With temperatures rising, you might need a place to escape the heat and cool off. Take advantage of the free cool centers opening June 1 across Riverside County.

Fifty-six cool centers will open to the public at no cost and will be available through Oct. 15, as temperatures warrant.

“The Cool Centers have the potential to be a life-saving option for our residents. People do not have to suffer and risk the dangers of extreme heat,” said Fourth District Supervisor V. Manuel Perez.

A Cool Center Kick-off is planned from 3 to 7 p.m. on May 31 at the Palm Desert Aquatic Center, located at 73751 Magnesia Falls Drive, Palm Desert. The event is open to the public and will include refreshments, information booths, free swim and water safety resources.

“We are so happy to be able to provide our residents alternative places to cool off and get away from the extreme heat and high temperatures. The cool centers allow us to help our residents remain safe, cool and healthy in the summer months,” said Brenda Salas Freeman, executive director of the Community Action Partnership of Riverside County.

Excessive heat and high temperatures can lead to dangerous health situations, particularly for the elderly and those with medical conditions. One potential heat-related injury is [heat stroke](#),

which occurs after continued exposure to excessive heat and robs the body of its ability to regulate its temperature. Heat stroke can happen fast and needs to be taken seriously because it can be life-threatening.

The cool centers are coordinated by the Community Action Partnership of Riverside County, in conjunction with Riverside University Health System – Public Health. Locations include local senior and community centers. Light refreshments and water will be available at some locations.

For a list of cooling center locations, visit www.capriverside.org.

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