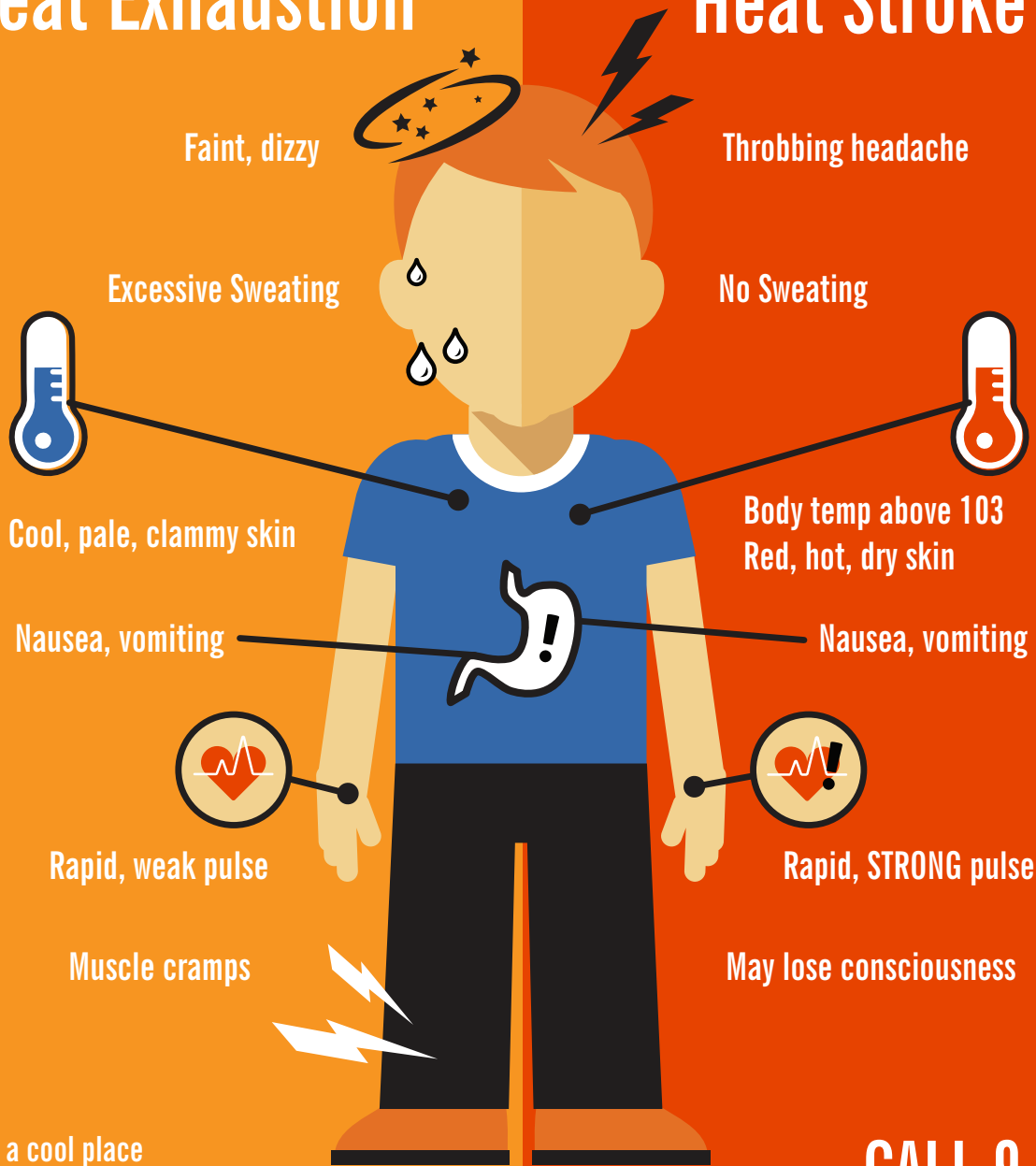


Heat Exhaustion

Heat Stroke



Get to a cool place
Drink water (if fully conscious)
Take a cool shower or use cold compresses

CALL 9-1-1
Get person cool until help arrives



TIPS
for the
HEAT

Drink extra water
Avoid energy drinks & alcohol
Dilute Gatorade with water



Cooling Center Locations

Spokane

Looff Carrousel in Riverfront Park

11:00 a.m. – 7:00 p.m.
Beginning Saturday, June 26

Spokane Public Libraries

East Side, Hillyard and Indian Trail
Wednesday – Saturday
10:00 a.m. – 6:00 p.m.

South Hill

Monday – Tuesday
10:00 a.m. – 8:00 p.m.
Wednesday – Saturday
10:00 a.m. – 6:00 p.m.

STA Plaza

Tuesday – Saturday
10:00 a.m. – 6:00 p.m.

Northtown Mall

Tuesday – Saturday
10:00 a.m. – 6:00 p.m.

Spokane Valley

Spokane Valley Library

12:00 p.m. – 6:00 p.m.
Closed Sundays

Argonne Library

2:00 p.m. – 6:00 p.m.
Closed Sundays

Broadway Elementary

(across from Spokane Valley Partners)
11016 E. Broadway Ave.
Beginning Monday, June 28
10:00 a.m. – 7:30 p.m.
*Accommodates 30 individuals.
Water and snacks available.*

Spokane Valley Partners

10814 E. Broadway Ave.
Beginning Monday, June 28
8:00 a.m. – 7:00 p.m.
*Accommodates 35 individuals.
Water and snacks available.*

Opportunity Presbyterian Church

202 N. Pines Rd., Spokane Valley
Beginning Sunday, June 27
3:00 p.m. – 8:00 p.m.
*Accommodates 15 individuals.
Water and snacks available.*

*For more information on the
Spokane Valley locations, call 509.703.0925*