



FOR IMMEDIATE RELEASE

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Contact: Afton January, Communications Manager
SLCO Aging & Adult Services
Office: (385) 468-3189
Mobile: (408) 505-2096

SALT LAKE COUNTY AGING & ADULT SERVICES OFFERING COOL ZONES, COLLECTING DONATIONS TO COMBAT HEAT WAVE

Older adults are particularly vulnerable to high summer temperatures

Salt Lake City – Salt Lake County Aging & Adult Services is helping area seniors stay cool this summer. The agency is teaming up with Mayor Ben McAdams to challenge county residents to [pledge](#) to look out for each other and check on neighbors, particularly those who are older or have chronic conditions, during the heat wave.

Salt Lake County is offering Cool Zones, located throughout the valley at County Senior Centers, Libraries, and Recreational Facilities, as well as other municipal government buildings. Cool Zones are air-conditioned indoor spaces open to the public. Anyone seeking a break from the heat can drop by a Cool Zone to cool off, hydrate, and stay safe from heat-related illness. An [interactive map](#) is available to help residents identify the cool zones in their proximity. Cool Zones are open now through October 15th.

Aging & Adult Services is also accepting donations of new fans to distribute to vulnerable and homebound older adults to help them stay safe and comfortable this summer. When temperatures rise, drivers and volunteers with the Rides for Wellness and Meals on Wheels programs observe home environments and talk with clients to determine whether their conditions are safe, providing donated fans to those who most need them. Individuals and businesses are encouraged to donate fans at Senior Centers or the main County Government Center, South Building, located at 2100 S. State Street in Salt Lake City.

Aging & Adult Services advises all people, especially older adults, to exercise caution in excessive heat by following these tips:

- Stay hydrated by drinking plenty of water & liquids, avoiding alcohol and caffeine.
- Wear appropriate clothing – light colored & light weight fabrics work best.
- Stay indoors during midday when outside temperatures are hottest, usually between noon and 3pm.
- Take it easy, avoiding exercise and strenuous activity when it's hottest outside.
- Know the warning signs of heat-related illness, which include dizziness, nausea, rapid heart rate, chest pain, and difficulty breathing.
- Seek a Cool Zone – visit a county facility to escape the heat.

About Salt Lake County Aging & Adult Services

Aging & Adult Services is a Division of Salt Lake County Human Services that promotes independence for older adults through advocacy, engagement, and access to resources.

www.slco.org/aging-adult-services

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