

CANBY			
<b>Canby Adult Center</b> 1250 S. Ivy St. 503-266-2970	Mon-Fri, 8:30 a.m. – 4:30 p.m.	<b>Denny's Restaurant</b> 1369 SE 1st Ave. 503-263-3193	Available for those needing to cool off for an hour. No obligation to buy. Open 24/7.
<b>Canby Public Library</b> 220 NE 2nd Ave. 503-266-3394	Mon-Thur, 10 a.m. – 6 p.m. Fri-Sat, 10 a.m. – 4 p.m.	<b>Zoar Lutheran Church</b> 190 SW 3rd Ave. 503-539-8190	Open 8/11-8/13 12 p.m until temperatures go below 85°.
ESTACADA			
<b>Estacada Community Watch</b> 200 SW Clubhouse Dr. 503-730-7915	Outdoor facility open at least 8 hours when temps reach above 98°. Located under the carport of the Community Center. Bus stop a couple blocks away. Swamp cooler, misters, ice, water, and shade available.	<b>Estacada Public Library</b> 825 NW Wade St. 503-630-8273	Mon-Tue, 11 a.m. – 5 p.m. Wed, 11 a.m. – 7 p.m. Thu-Fri, 11 a.m. – 5 p.m. Sat, 11 a.m. – 3pm
GLADSTONE			
<b>Gladstone Library</b> 135 E Dartmouth St. 503-655-8540	Mon, 10 a.m.–6 p.m. Tue, 12 p.m.–8 p.m. Wed, 10 a.m.–8 p.m. Thurs, 12 p.m.–8 p.m. Fri–Sun, 10 a.m.–6 p.m.	<b>Max Patterson Park</b> Splash Pad 400 E Exeter St.	Open daily, park closes at 7 p.m.
HAPPY VALLEY			
<b>Happy Valley Library</b> 13793 SE Sieben Park Way 503-783-3456	Sun–Mon, 10 a.m.–6 p.m.; Tue–Thurs, 10 a.m.–8 p.m.; Fri–Sat, 10 a.m.–6 p.m.		
LAKE OSWEGO			
<b>Lake Oswego Library</b> 503-636-7628 706 4th St.	Mon–Thurs, 10 a.m.–7 p.m.; Fri–Sat, 10 a.m.–5 p.m.; Sun, 1–5 p.m.		
MILWAUKIE AREA			
<b>Ledding Library</b> 10660 SE 21st Ave St, 503-786-7580	Wed, 8/11 thru Sat. 8/14, 10 a.m. — 6 p.m. Special Note: Face coverings are required, and available for those that need one	<b>Milwaukie Center</b> 5440 SE Kellogg Creek Dr.	Mon-Fri, 8 a.m. - 4 p.m. Special Note: Community members over the age of 60 are eligible to also receive a free meal
<b>Oak Lodge Library</b> 16201 SE McLoughlin Blvd. 503-655-8543	Mon, 10 a.m.–6 p.m.; Tue, 12 p.m.–8 p.m.; Wed, 10 a.m.–8 p.m.; Thurs, 12 p.m.–8 p.m. Fri–Sun, 10 a.m.–6 p.m.		
MOLALLA			
<b>Molalla Adult Center</b> 315 Kennel Ave. 503-984-7241	Based on the current forecast and building availability, hours of operation will be: Wed, 8/11 noon – 6 p.m.; Thur–Sun, 8/12-8/15 10 a.m. – 6 p.m.		
OREGON CITY			
<b>Rivercrest Park Splash Pad</b> 131 Park Dr.	Open daily; park closes at 10 p.m.	<b>The Father's Heart</b> 603 12 <sup>th</sup> St. 503-722-9780	8/11-8/14 12 p.m. – 6 p.m.
SANDY & WELCHES			
<b>Sandy Public Library</b> 38980 Proctor Blvd. 503-668-5537	Mon–Tue, 10 a.m.–7 p.m. Wed–Fri, 10 a.m.–6 p.m. Sat–Sun, 12 p.m.–5 p.m. Water is available.	<b>Hoodland Public Library</b> 24525 E Welches Road <a href="#">map</a> 503-622-3460	Mon, 10 a.m. – 4 p.m. Tue, 1–7 p.m. Wed-Fri, 12 p.m. – 6 p.m. Sat, 12 p.m – 5 p.m. Closed Sunday, Water is available
WEST LINN			
<b>West Linn Public Library</b> 1595 Burns St. <a href="#">map</a> 503-656-7853	Mon, 10 a.m.–6 p.m.; Tue–Wed, 10 a.m.–7 p.m.; Thurs–Fri, 10 a.m.–6 p.m.; Sat, 10 a.m.–4 p.m. Closed Sunday Water is available.		

For more information, please visit [www.clackamas.us/relief](http://www.clackamas.us/relief)

If you need help with transportation, please call 2-1-1

## When it is hot, you should:

- Drink water and bring extra bottles for yourself and others.
- Take care of yourself
- Drink more water than usual and don't wait until you are thirsty. Talk to your doctor first if you are on water pills.
- Avoid alcohol and sugary drinks.
- Take a cool shower or bath.
- Use air conditioning or a fan. If you need access to an air conditioner, air purifier, or other items to support your health, go to [www.healthshareoregon.org/about/blog/air-conditioners-and-other-items-to-support-your-health-during-extreme-weather-events](http://www.healthshareoregon.org/about/blog/air-conditioners-and-other-items-to-support-your-health-during-extreme-weather-events)
- Don't use a fan to blow extremely hot air on yourself, use it to create cross-ventilation.
- Wear lightweight and loose clothing.
- Avoid using your stove or oven.
- Avoid going outside during the hottest part of the day (3–7 p.m.)
- Avoid eating raw oysters and undercooked shellfish. The warm weather is affecting shellfish in the Pacific Northwest resulting in multiple confirmed cases of vibriosis. Eating raw oysters and other undercooked seafood can increase the chance you will get sick with vibriosis because *Vibrio* bacteria thrive in coastal waters where oysters are harvested. Learn more at [www.cdc.gov/vibrio](http://www.cdc.gov/vibrio)

## Take care of those around you

- Check in on elders and vulnerable neighbors during warm weather — twice a day is best.
- Never leave a person, child or a pet in a hot car.
- Check regularly on how babies and toddlers, seniors, people taking mental health medications and people with heart disease or high blood pressure are doing. See the symptoms of heat stroke and heat exhaustion.
- Share a fan.
- Invite a friend to a splash pad, movie, a mall or museum.

## If you must be out in the heat

- Limit your outdoor activity to morning and evening hours.
- Rest often in shady areas.
- Wear a wide-brimmed hat
- Use sunscreen of SPF 15 or higher (the most effective products say “broad spectrum” or “UVA/UVB protection” on their labels) and reapply as directed.
- Consider packing a couple extra bottles of water, these could be used for you and your family or anyone you see that looks like they could use a cool drink of water.

- Know that the heat index (what the temperature feels like when humidity is involved) plays a role. When sweat isn't able to evaporate from the body due to high humidity, the body has difficulty regulating its temperature and cooling itself off. The result? heat stroke, cramps and exhaustion are all likely to happen. Below is a chart from the National Weather Service indicating the levels of the heat index. ([www.weather.gov/ama/heatindex](http://www.weather.gov/ama/heatindex))

## If you have a pet

- Provide plenty of shade and water.
- Never leave them in a car
- Learn more at [www.oregonhumane.org/hot-weather-safety-for-pets-resources](http://www.oregonhumane.org/hot-weather-safety-for-pets-resources)

## Cooling down at county parks

When temperatures rise in the summer, people flock to Clackamas County parks seeking relief from the heat. County parks such as Metzler, Feyrer, Eagle Fern, Barton, Wagonwheel and Knights Bridge are great places for county residents to stay cool and enjoy outdoor and water-based recreation activities.

Be sure to remember that parking facilities at our parks can quickly fill up on hot summer days, particularly at popular park facilities along the Clackamas River. Some parks have reduced parking capacity this summer due to the need for social distancing. Barton Park in the Boring area and the Carver Boat Ramp on Springwater Road often reach full capacity in the summer months, especially on hot weekend days. When this happens, county parks staff will close the area for a few hours or the rest of the day to help ensure the safety of all visitors. People may want to take alternate routes to avoid traffic congestion near these parks.

The county encourages residents to visit other nearby county parks where less congestion occurs, such as Eagle Fern Park and Metzler Park. They both have areas to cool off in the creek, and offer features such as picnicking, hiking and more.

Staying safe while near water is critical. Tips include:

- Provide close and constant attention to children you are supervising in or near water.
- Fence pools and spas with adequate barriers, including four-sided fencing.
- Learn swimming and water survival skills.
- Children, inexperienced swimmers and all boaters should wear U.S. Coast Guard-approved life Jackets.
- Always swim in a lifeguarded area.
- Always swim with a buddy.
- Don't use alcohol or drugs (including certain prescription medications) before or while swimming, diving or supervising swimmers.