



Clackamas County Emergency Cooling Centers

Call 2-1-1 or visit www.clackamas.us or www.211info.org.

UPDATED JULY 29, 2021

Canby		
Canby Adult Center	1250 S. Ivy St 503-266-2970	Mon-Fri 8:30 a.m. – 4:30 p.m.
Canby Public Library	220 NE 2nd Ave. 503-266-3394	Mon-Thur 10 a.m. – 6 p.m., Fri-Sat 10 a.m. – 4 p.m., *7/30 and 7/31 the library lobby will be open at 8 a.m.
Denny's Restaurant	1369 SE 1st Ave. 503-263-3193	Available for those needing to cool off for an hour. No obligation to buy. Open 24/7.
Zoar Lutheran Church	190 SW 3rd Ave. 503-539-8190	Open when temps reach over 90°. 12 p.m.–11 p.m. or until temperatures go below 85°.
Estacada		
Estacada Community Watch	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.
Estacada Public Library	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		
Gladstone Library	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 10 a.m.–6 p.m., Sat 10 a.m.–6 p.m., Sun 10 a.m. – 6 p.m.
Max Patterson Park Splash Pad	400 E Exeter St.	Open daily, park closes at 7 p.m.
Happy Valley		
Happy Valley Library	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		
Lake Oswego Library	706 4th St. 503-636-7628	Mon–Thurs 10 a.m.–7 p.m., Fri–Sat 10 a.m.–5 p.m., Sun 1–5 p.m.
Milwaukie		
Oak Lodge Library	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 Noon–8 p.m., Fri 10 a.m.–6 p.m., Sat 10 a.m.–6 p.m., Sun 10 a.m. – 6 p.m.
Oregon City		
The Father's Heart Street Ministry	503-722-9780 603 12th St.	Open 7/29 and 7/30 10 a.m.–6 p.m.
Reformation Covenant Church	1201 JQ Adams St. 503-656-9444	Open when temps reach over 90°. Sat Noon–8 p.m., Sun 2:30–6 p.m. Water is available.
Rivercrest Park Splash Pad	131 Park Dr.	Open daily, park closes at 10 p.m.
Sandy		
Sandy Public Library	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.
Hoodland Public Library	24525 E Welches Road 503-622-3460	Mon 10 a.m. – 4 p.m., Tue 1–7 p.m., Wed-Fri Noon – 6 p.m. Sat Noon – 5 p.m., Closed Sunday. Water is available
Welches		
Hoodland Public Library	24525 E Welches Road 503-622-3460	Mon 10 a.m. – 4 p.m. , Tue 1–7 p.m., Wed-Fri Noon – 6 p.m. , Sat Noon – 5 p.m., Closed Sunday. Water is available
West Linn		
West Linn Public Library	1595 Burns St. 503-656-785	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.

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
- 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

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)

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

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.