Yuma County Sheriff's Office

Leon N. Wilmot
Sheriff of Yuma County

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www.yumacountysheriff.org

PRESS RELEASE

Contact: Tania Pavlak
Phone: (928) 783-4427
DR# N/A

FOR IMMEDIATE RELEASE
June 6, 2022 – 3:00 PM

Heat Warning

Location of Incident: Yuma, AZ

With dangerously hot temperatures underway, the Yuma County Sheriff's Office (YCSO) would like to remind everyone that no matter your age or how long you've lived in Yuma, none of us are immune to heat exhaustion. Prolonged exposure to heat can lead to heat stroke which can be life threatening.

Pets, children, and elderly people are those at greatest risk of deadly heat exposure going unnoticed. We encourage our community to stay hydrated, do not leave your vehicles unattended with children and pets, and check on your elderly neighbors.

To prevent heat-associated illness, follow these safety tips:

-Drink water before you get thirsty to prevent dehydration

-Don't rely on fans as your primary source of cooling once the temperature gets higher than 90 degrees

-Come indoors frequently to an air-conditioned location to cool your core body temperature

-Wear lightweight clothes

-Seek medical care immediately if you have, or someone you know has, symptoms of heat-associated illness like muscle cramps, headaches, vomiting, confusion, no longer sweating, and rapid heart rate

If you find yourself in need of water or a cool resting area, please visit or download the Yuma County Water and Cooling Site Map at https://www.yumacountyaz.gov/home/showpublisheddocument/50039

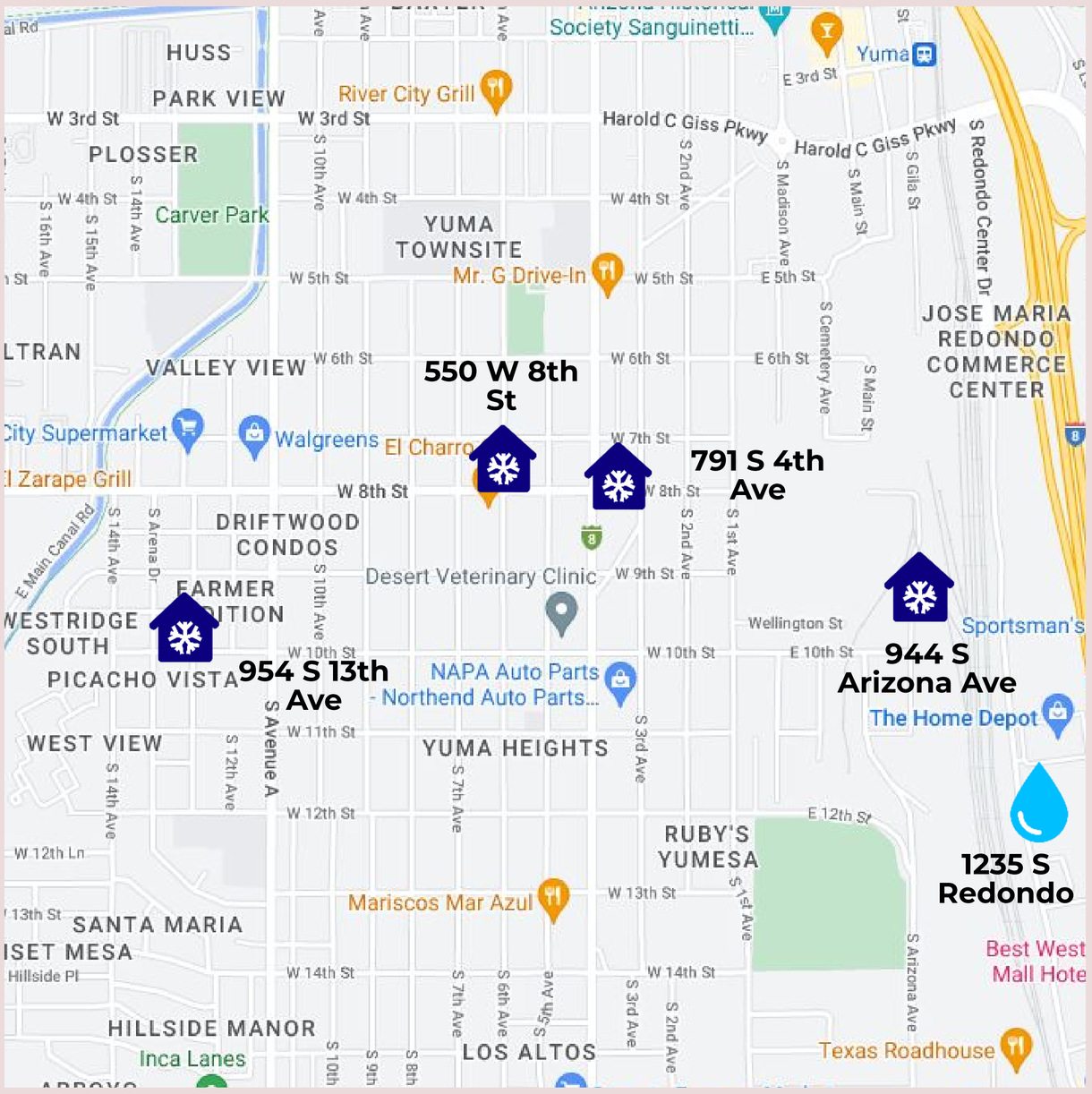
We would also like to take this moment to remind the public of the "Are You Ok?" program which is available to all senior citizens and disabled persons living anywhere in Yuma County. The "Are You Ok?" program is a FREE telephone reassurance service provided by the YCSO that ensures daily contact with subscribers that live alone and may not have a family member living locally that can check on them daily. If you or someone you know would benefit from daily contact, please contact the YCSO Volunteer Coordinator at (928) 819-2212 or visit https://www.yumacountysheriff.org/services-ruok.html for more information.

Information Released By: Tania Pavlak, Public Affairs Specialist

2022 Free Cooling Centers and Water Sites in Yuma County

Water Sites- Places where individuals can go to receive free bottled water. Bottled water donations may be accepted here.

Cooling Centers- Air-conditioned indoor locations that provide refuge from the heat during the day. Drinking fountains or free bottled water are available. Bottled water donations may be accepted here.



Central Yuma Area ▲

HOPE, Inc
791 S. 4th Avenue Yuma, AZ 85364
Open: Year - Round
Hours: Monday – Thursday 8:00am – 5:00pm
Friday 8:00am – 4:00pm
Closed weekends and holidays

The Salvation Army
454 W. Catalina Drive Yuma, AZ. 85364
Open: May 1st – September 30th
Hours: Monday- Friday 12:00 pm – 5:00pm
Closed Weekend and Holidays

Crossroads Mission Thrift Store
550 W. 8th St. Yuma, AZ 85364
Open: Year - Round
Hours: Monday – Saturday 8:00am – 4:00pm
Closed Sundays and holidays

National Community Health Partners
255 W. 24th St. Yuma, AZ 85364
Open: May 1st – September 30th
Hours: Monday- Friday 8:00am – 5:00pm

Disabled American Veterans
954 S. 13th Avenue Yuma, AZ 85364
Open: May 1st – September 30th
Hours: Monday – Sunday 12:00 pm – 6:00 pm

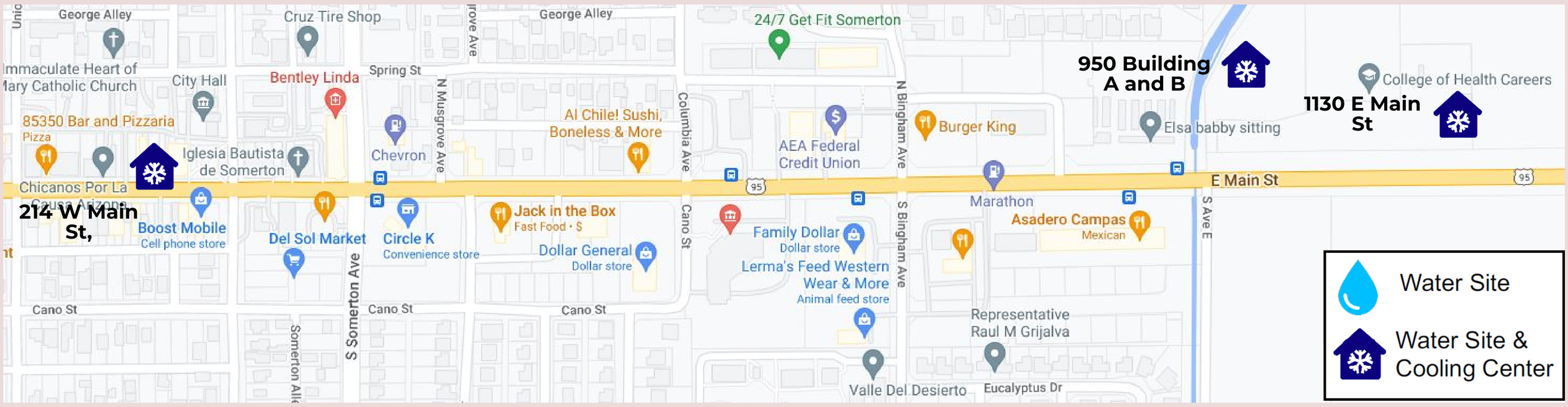
WACOG
1235 S. Redondo Center Dr. Yuma, AZ 85364
Open: May 1st – September 15th
Hours: 9:00am – 5:00pm

Crossroads Mission
944 S. Arizona Ave. Yuma, AZ 85364
Open: Year - Round
Hours: 24 hours a day/7 days a week

East Yuma Area "Foothills" ★

Walmart
8151 E. 32nd St. Yuma, AZ 85364
Open: May 1st – September 30th
Hours: Monday – Sunday 7:00am – 10:00pm

These water distribution sites and cooling centers are not owned or operated by Yuma County Public Health Services District. These sites are operating with their own resources for the health of the community.

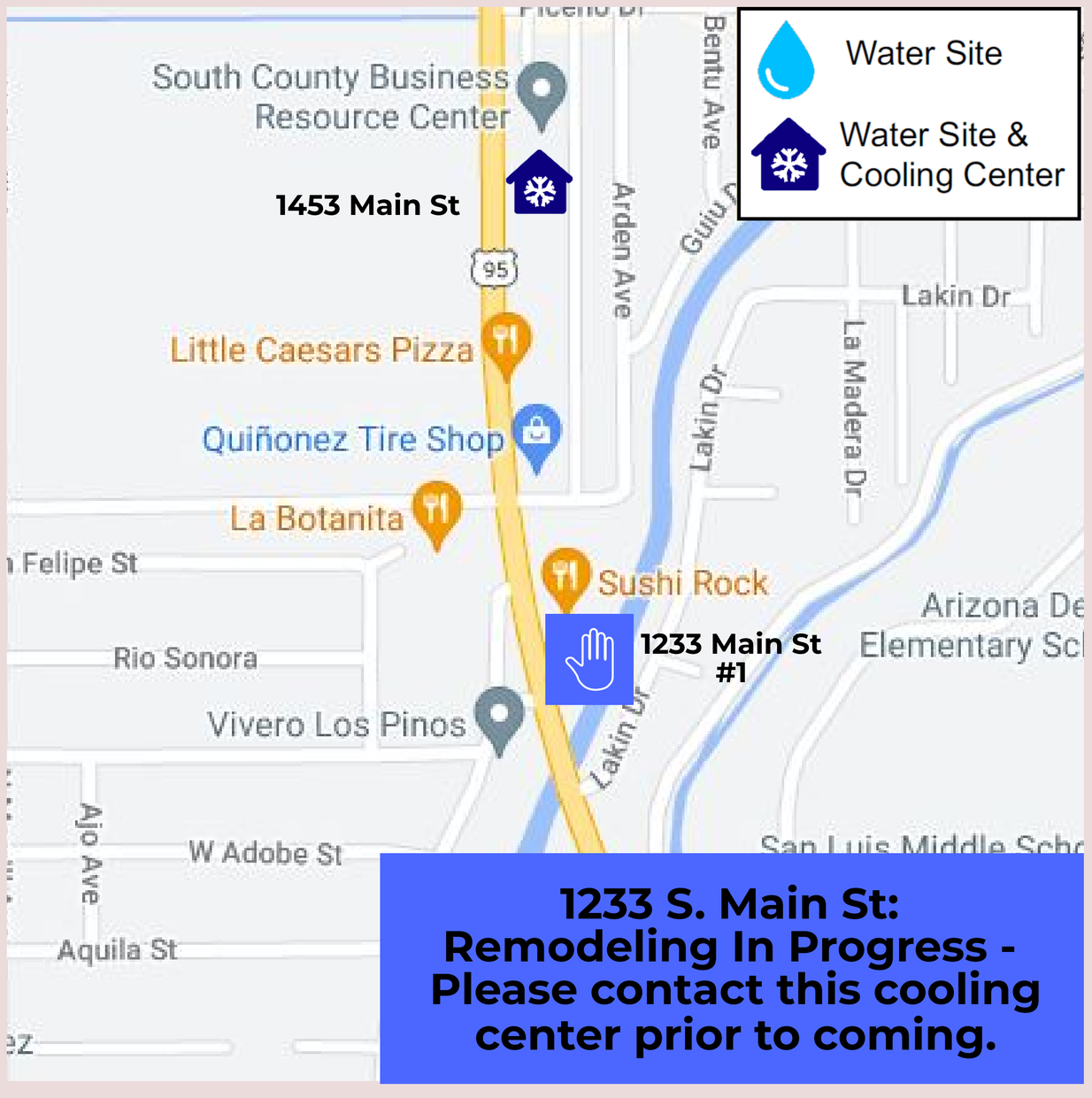


Somerton Area ▲

San Luis Walk-In Clinic, and Family Behavior Integrated Health Services
214 W. Main St. Somerton, AZ 85350
Hours: Monday – Friday 8:00am – 5:00pm

San Luis Walk-In Clinic, Inc
950 Building A and B
E. Main St. Somertion, AZ 85350
Hours: Monday – Friday 7:00am – 6:00pm

Family Behavior Integrated Health Services
1130 E. Main St, Somerton, AZ 85350
Hours: Monday – Friday 8:00am – 5:00pm



San Luis Area ▲

San Luis Area ▲

San Luis Walk-In Clinic, Inc
1896 E. Babbitt Ln. San Luis, AZ 85349
Hours: Monday – Friday 7:00am – 6:00pm

San Luis Urgent Care
1233 S. Main St. Suite 1 San Luis, AZ 85349
Hours: Monday – Saturday 9:00am – 9:00pm

San Luis Medical Mall
151 S. Oak Avenue, San Luis, AZ 85336
Hours: Monday – Friday 8:00am – 5:00pm

San Luis Walk-In Clinic, and Family Behavior Integrated Health Services
1453 N. Main Street, San Luis, AZ 85349
Hours: Monday – Friday 8:00am – 5:00pm

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