

COOLING CENTERS

AVAILABLE IN PIMA COUNTY
DISPONIBLES EN EL CONDADO PIMA



A cooling center provides an air-conditioned space and hydration.

Un cooling center proporciona un espacio con aire acondicionado e hidratación.



OTHER HEAT RESOURCES

OTROS RECURSOS PARA CUIDARSE DEL CALOR



Arizona Department of Health Services:

List of medications that can make the effects of hot weather worse

Lista de medicamentos que pueden empeorar los efectos del calor



Get help:

Find community resources

Encuentra recursos comunitarios



National Weather Service – Tucson:

Check the local weather

Revisa el clima local

HEAT EXHAUSTION / AGOTAMIENTO POR EL CALOR

Heat exhaustion can lead to heat stroke.

El agotamiento por altas temperaturas puede provocar un golpe de calor

WHAT TO LOOK FOR / PRESTA ATENCIÓN A:



Faint/Dizzy
Desmayo/Mareos



Body: Cool/
Pale/Clammy

Cuerpo: Frío/
Pálido/
Pegajoso



Excessive sweating
Sudor excesivo



Pulse: Rapid/Weak pulse
Pulso: Rápido/Lento

WHAT TO DO / QUÉ HACER

Get medical help IMMEDIATELY if the person is throwing up or if symptoms worsen or last longer than 1 hour. Have the person take small sips of water.

Consigue ayuda médica de INMEDIATO si la persona vomita o si los síntomas empeoran o duran más de 1 hora. Que la persona beba agua en pequeños tragos.

VS.

HEAT STROKE / GOLPE DE CALOR

Heat stroke can cause permanent disability or death if the person does not receive emergency treatment.

Los golpes de calor pueden causar discapacidades permanentes o la muerte si la persona no recibe atención médica de emergencia.

WHAT TO LOOK FOR / PRESTA ATENCIÓN A:

Body:
Temperature above 103°/
Red/Hot/Dry

Cuerpo:
Temperatura por encima de 103°/
Rojo/Caliente/
Resequedad



Loss of consciousness
Perder la conciencia



No sweating
No poder sudar



Pulse: Rapid/Strong
Pulso: Rápido/Fuerte



WHAT TO DO / QUÉ HACER

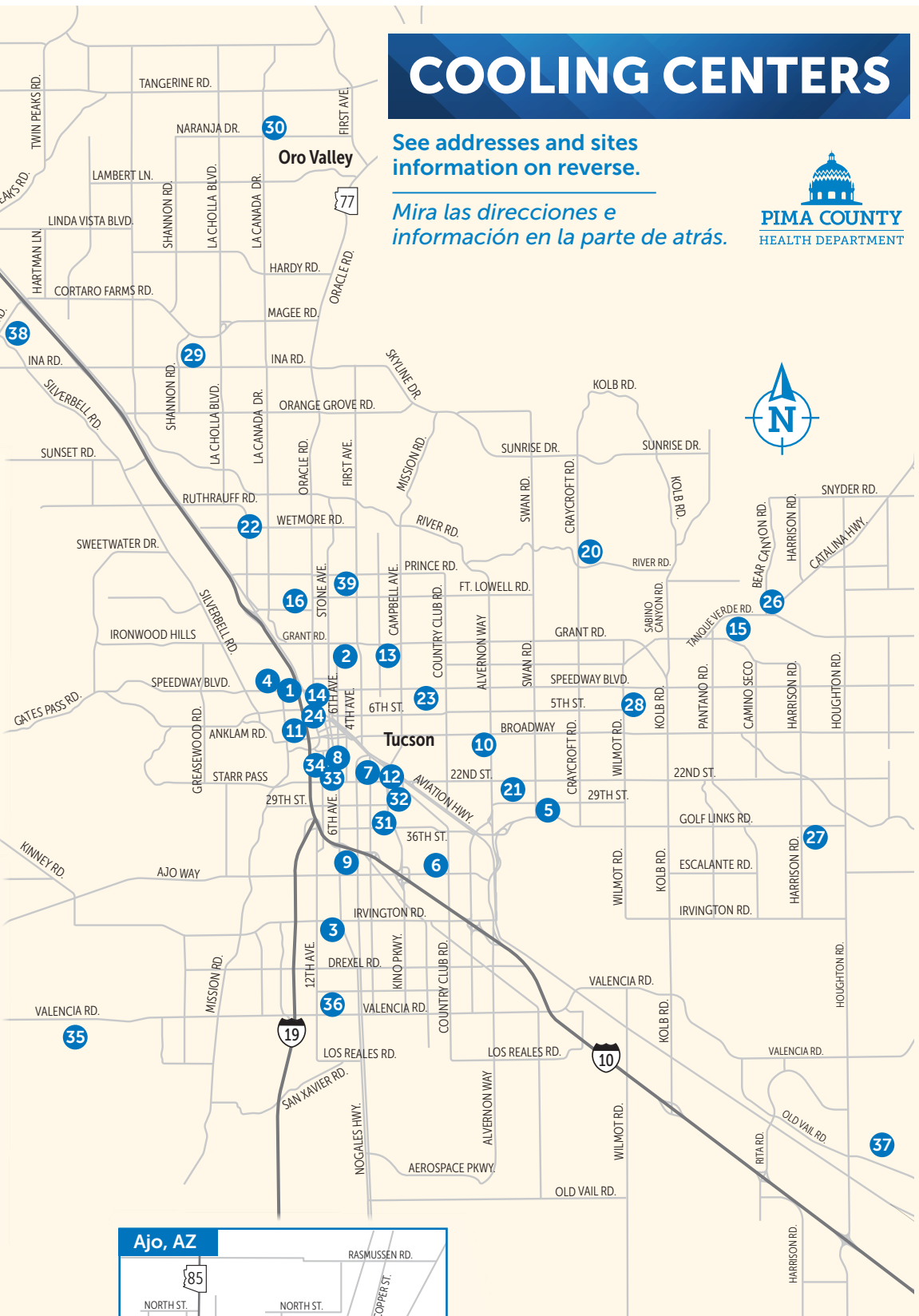
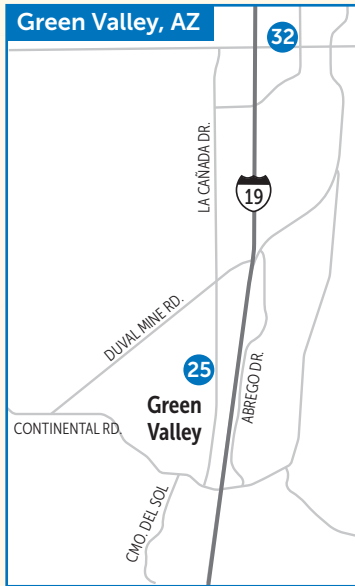
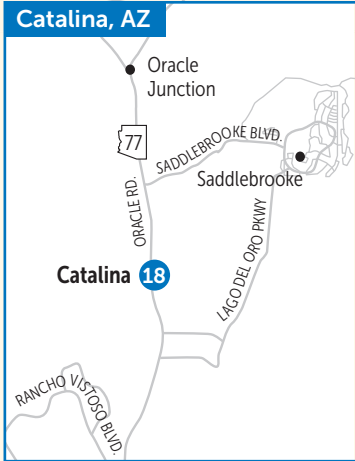
CALL 9-1-1, then take immediate action to cool the overheated person while waiting for emergency treatment. **Do NOT** give the person anything to drink.

Llama al 9-1-1 e inmediatamente después actúa rápido para refrescar a la persona sufriendo de un golpe de calor mientras esperan la atención médica. **NO** le des nada de beber a la persona.


COOLING CENTERS

See addresses and sites information on reverse.


Mira las direcciones e información en la parte de atrás.



To view the map and other resources online, visit pima.gov/heat or scan the QR code:



Para ver el mapa y otros recursos en línea, visita pima.gov/heat o escanea el código QR:



COOLING CENTERS

AVAILABLE IN PIMA COUNTY

DISPONIBLES EN PIMA COUNTY

1 Casa Paloma Drop-In center

Call for address

Tucson, AZ 85705
(520) 623-5111 ext. 184
Mon-Fri: 8 a.m. - 12 p.m.
Sat: 9 a.m. - 12 p.m.

SUNTRAN LINE: N/A   N

2 Donna R. Liggins Center

2160 N. 6th Ave.
Tucson, AZ 85705
(520) 791-3247
Sun-Sat: 12 p.m. - 4 p.m.

SUNTRAN LINE: 9

3 El Pueblo Center

101 W. Irvington Rd., Bldg. 9
Tucson, AZ 85714
520-791-5155
Sun-Sat: 12 p.m. - 4 p.m.

SUNTRAN LINE: 11 12 18 24 25
26 27 29 50

4 El Rio Neighborhood Center

1390 W. Speedway Blvd.
Tucson, AZ 85745
(520) 837-8202
Sun-Sat: 12 p.m. - 4 p.m.

SUNTRAN LINE: 5 22

5 Freedom Park Center

5000 E. 29th St.
Tucson, AZ 85711
(520) 791-4969
Sun-Sat: 12 p.m. - 4 p.m.

SUNTRAN LINE: 17

6 Kino Service Center

2797 E. Ajo Way
Tucson, AZ 85713
520-724-7700
Mon-Fri: 8 a.m. - 5 p.m.

SUNTRAN LINE: 2

7 Operation Chill Out

Santa Rita Park
Tucson, AZ 85701
(520) 795-9672
Mon-Fri: 1:15 p.m. - 3:30 p.m.

**Only in service when
temperature is 102° or hotter**

SUNTRAN LINE: 23

8 Primavera Foundation - HIP Drop In Center

702 S. 6th Ave.
Tucson, AZ 85701
(520) 623-5111 ext. 176
Mon, Wed, Thu, Fri: 9 a.m. - 12:30 p.m.

SUNTRAN LINE: 18  N

9 Primavera Men's Shelter

200 E. Benson Hwy.
Tucson, AZ 85713
(520) 623-4300
Mon, Wed, Thu, Fri: 9 a.m. - 12 p.m.

SUNTRAN LINE: 18   N

10 Randolph Recreation Center

200 S. Alvernon Way
Tucson, AZ 85711
(520) 791-4560
Sun-Sat: 12 p.m. - 4 p.m.

SUNTRAN LINE: 8 11

11 Rio Nuevo Service Center

320 N. Commerce Park Loop #200
Tucson, AZ 85713
(520) 724-2480
Mon-Fri: 8 a.m. - 5 p.m.

SUNTRAN LINE: 21 N

12 Sister Jose Women's Center

1050 S. Park Ave.
Tucson, AZ 85719
(520) 909-3905 ext. 102
Mon-Sat: 12 p.m. - 4 p.m.

SUNTRAN LINE: 25   N

13 Ward 3 Community Center

1510 E. Grant Rd.
Tucson, AZ 85719
(520) 461-4943
Mon-Fri: 1 p.m. - 5 p.m.

SUNTRAN LINE: 9  N

14 The Salvation Army Hospitality House

1002 N. Main Ave.
Tucson, AZ 85705
(520) 795-9671
Sun-Sat: 12 p.m. - 4 p.m.

SUNTRAN LINE: 5 10 22 

15 Udall Recreation Center

7200 E. Tanque Verde Rd.
Tucson, AZ 85715
(520) 837-8154
Sun-Sat: 12 p.m. - 4 p.m.

SUNTRAN LINE: 5 8 9 37

16 Cooltainer 1 & 2

1135 W. Miracle Mile
Tucson, AZ 85705
(520) 451-4638
Tue-Sat: 12 p.m. - 5:30 p.m.

SUNTRAN LINE: 10

17 Salazar-Ajo Library

15 Plaza #179
Ajo, AZ 85321
(520) 387-6075
Mon: 11 a.m. - 7 p.m.
Tue-Fri: 9 a.m. - 5 p.m.
Closed every day from 1 p.m. - 2 p.m.

SUNTRAN LINE: N/A N

18 Dewhirst-Catalina Library

15631 N. Oracle Rd. #199
Catalina, AZ 85739
(520) 594-5240
Mon, Wed, Thu: 9 a.m. - 5 p.m.
Tue: 10 a.m. - 6 p.m.
Fri: 10 a.m. - 5 p.m.

SUNTRAN LINE: N/A N

19 Caviglia-Arivaca Library

17050 W. Arivaca Rd.
Arivaca, AZ 85601
(520) 594-5235
Tue-Thu: 9 a.m. - 5 p.m.
Fri-Sat: 10 a.m. - 5 p.m.

SUNTRAN LINE: N/A N

20 Dusenberry-River Library

5605 E. River Rd. #105
Tucson, AZ 85750
(520) 594-5345
Mon, Wed: 10 a.m. - 6 p.m.
Tue, Thu: 10 a.m. - 7 p.m.
Fri: 10 a.m. - 5 p.m.

SUNTRAN LINE: N/A N

21 Eckstrom-Columbus Library

4350 E. 22nd St.
Tucson, AZ 85711
(520) 594-5285
Mon-Thu: 10 a.m. - 6 p.m.
Fri-Sat: 10 a.m. - 5 p.m.

SUNTRAN LINE: 7 N

LEGEND**Women only/
Solo mujeres****Single men only/
Solo hombres no acompañados****Naloxone available/
Naloxona disponible****Pets allowed/Mascotas permitidas**
All other locations only allow service animals/
Las otras ubicaciones solo permiten animales de servicios

Mon/Monday= Lunes

Fri/Friday= Viernes

Tue/Tuesday= Martes

Sat/Saturday= Sábado

Wed/Wednesday= Miércoles

Sun/Sunday= Domingo

Thu/Thursday= Jueves

22 Flowing Wells Library1730 W. Wetmore Rd.
Tucson, AZ 85705
(520) 594-5225
Tue-Thu: 10 a.m. - 6 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **10 61 N****23 Himmel Park Library**1035 N. Treat Ave.
Tucson, AZ 85716
(520) 594-5305
Mon, Wed: 10 a.m. - 7 p.m.
Tue, Thu: 10 a.m. - 6 p.m.
Fri: 10 a.m. - 5 p.m.SUNTRAN LINE: **4 N****24 Joel D Valdez Main Library**101 N. Stone Ave.
Tucson, AZ 85701
(520) 594-5500
Mon: 10 a.m. - 6 p.m.
Tue-Thu: 9 a.m. - 6 p.m.
Fri: 10 a.m. - 5 p.m.SUNTRAN LINE: **1 3 6 7 8 21****25 Joyner-Green Valley Library**601 N. La Cañada Dr.
Green Valley, AZ 85614
(520) 594-5295
Mon, Wed: 9 a.m. - 6 p.m.
Tue, Thu: 9 a.m. - 5 p.m.
Fri: 10 a.m. - 5 p.m.SUNTRAN LINE: **N/A N****26 Kirk-Bear Canyon Library**8959 E. Tanque Verde Rd.
Tucson, AZ 85749
(520) 594-5275
Tue, Thu: 10 a.m. - 7 p.m.
Wed: 10 a.m. - 6 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **N/A N****27 Miller-Golf Links Library**9640 E. Golf Links Rd.
Tucson, AZ 85730
(520) 594-5355
Mon, Wed: 10 a.m. - 7 p.m.
Tue, Th: 10 a.m. - 6 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **17 N****28 Murphy-Wilmot Library**530 N. Wilmot Rd.
Tucson, AZ 85711
(520) 594-5420
Mon-Thu: 10 a.m. - 6 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **3 8 N****29 Nanini Library**7300 N. Shannon Rd.
Tucson, AZ 85741
(520) 594-5365
Mon, Wed: 10 a.m. - 6 p.m.
Tue, Thu: 10 a.m. - 7 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **16 61 N****30 Oro Valley Public Library**1305 W. Naranja Dr.
Tucson, AZ 85737
(520) 594-5580
Mon-Thu: 9 a.m. - 6 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **N/A N****31 Quincie Douglas Library**1585 E. 36th St.
Tucson, AZ 85713
(520) 594-5335
Tue, Thu: 10 a.m. - 7 p.m.
Wed: 10 a.m. - 6 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **2 15 N****32 Sahuarita Library**670 W. Sahuarita Rd
Tucson, AZ 85629
(520) 594-5490
Mon, Wed: 10 a.m. - 6 p.m.
Tue, Thu: 9 a.m. - 6 p.m.
Fri, Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **N/A N****33 Sam Lena-South Tucson Library**1607 S. 6th Ave.
Tucson, AZ 85713
(520) 594-5265
Mon-Thu: 9 a.m. - 5 p.m.
Fri: 10 a.m. - 5 p.m.SUNTRAN LINE: **18 N****34 Santa Rosa Library**1075 S. 10th Ave.
Tucson, AZ 85701
(520) 594-5260
Mon-Fri: 10 a.m. - 5 p.m.SUNTRAN LINE: **2 12 N****35 Southwest Library**6855 S. Mark Rd.
Tucson, AZ 85757
(520) 594-5270
Mon-Fri: 10 a.m. - 5 p.m.SUNTRAN LINE: **29 N****36 Valencia Library**202 W. Valencia Rd.
Tucson, AZ 85706
(520) 594-5390
Mon, Wed: 10 a.m. - 6 p.m.
Tue, Thu: 10 a.m. - 7 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **29 N****37 W. Anne Gibson-Esmond Station Library**10931 E. Mary Ann Cleveland Way
Tucson, AZ 85747
(520) 594-5460
Mon, Wed: 10 a.m. - 6 p.m.
Tue, Thu: 10 a.m. - 7 p.m.
Fri: 10 a.m. - 5 p.m.SUNTRAN LINE: **N/A N****38 Wheeler Taft Abbott Sr Library**7800 N. Schister Dr.
Tucson, AZ 85743
(520) 594-5200
Mon, Wed: 10 a.m. - 6 p.m.
Tue, Thu: 10 a.m. - 7 p.m.
Fri: 10 a.m. - 5 p.m.SUNTRAN LINE: **N/A N****39 Woods Memorial Library**3455 N. 1st Ave.
Tucson, AZ 85719
(520) 594-5445
Mon-Thu: 10 a.m. - 7 p.m.
Fri-Sat: 10 a.m. - 5 p.m.SUNTRAN LINE: **6 17 N***** Please call to confirm hours.**
Locations may be closed during holidays.Por favor llama para verificar los horarios.
Ubicaciones pueden estar cerradas durante días festivos.**** Pets and service animals must always be accompanied**
and on a leash or in a crate.Mascotas y animales de servicio siempre deben estar
acompañados y con correa o dentro de una jaula.