Special Notice

Due to the Heat Advisory, the City of Compton is activating its cooling center at the Dollarhide Community Center located at 301 North Tamarind Avenue. The Dollarhide Community Center will open as scheduled at 8:00 AM and remain open until 8:00 PM from Monday, August 28 - Friday, September 1, 2017. Staff is equipped to provide residents with a cool, clean and comfortable environment while offering activities such as movies, popcorn, and table games.

Safety tips that will help you protect yourself and stay safe in the hot weather:

- Avoid the sun from 10 a.m. to 3 p.m. when the burning rays are strongest.
- Reduce physical activity.
- Wear a wide-brimmed hat and light colored lightweight, loose-fitting clothes when you are outdoors.
- Avoid hot, heavy meals that include proteins.
- Set your air conditioner between 75° to 80°. If you don’t have air-conditioning take a cool shower twice a day and visit a public air conditioned facility.
- Check on elderly neighbors and family and friends who do not have air conditioning.
- Drink plenty of fluids even if you are not thirsty. Avoid alcohol.
- Use sun screen with a sun protection factor of at least 15 if you need to be in the sun.
- Don’t forget about your pets, they need plenty of water and shade.
- Insulate your home by installing weather stripping around your doors and window sills to keep the cool air inside.

Symptoms of dehydration and heat cramps include dizziness, fatigue, faintness, headaches, muscle cramps and increased thirst.

For more information on cooling center locations and or activities, please contact the Parks & Recreation Department at (310) 605-5688.