



City of Highland

Weekly Report

June 3, 2022



26th Annual Community Trails Day

Saturday, June 4

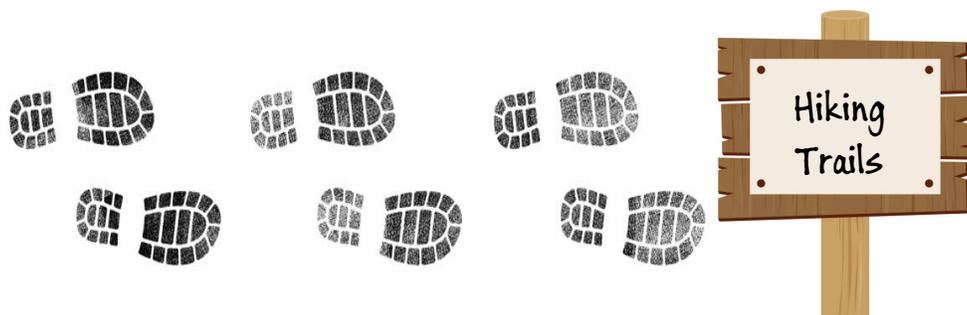
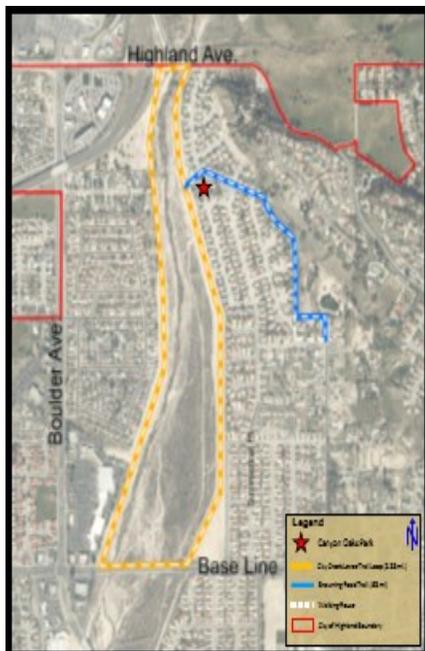
8:00 a.m. to 11:00 a.m.

The City of Highland is hosting its 26th Annual Highland Community Trails Day. This year's selected trail route for hiking or walking is City Creek Levee Trail, which will start at Canyon Oaks Park, hiking north to Highland Avenue, and looping to the second segment of the trail. This loop is approximately 2.33 miles long.

Hikers can take a side trip from the Canyon Oak Park and visit the Browning Road Trail (approximately .63 miles) and loop back to the City Creek Levee Trail to finish the trail walk with a total hike of 2.96 miles. Along the City Creek Levee Trail Loop hikers have the option of visiting various integrative sign stations along the trail which includes signs that show the history of the City.

The Highland Fire Department will be present with a fire truck on display for the children to see up close. The Highland H.I.T Team will be conducting an early morning clean up before the start of the event along with the Highland Police Department who will be canvassing the area to ensure safety.

Follow us on Instagram @cityofhighlandtrails and show us your favorite City Creek Trail sign on Trails Day. Tag us with the hashtag #CITYCREEKTRAIL for a chance to win some prizes!





CITY OF HIGHLAND 26TH ANNUAL COMMUNITY TRAILS DAY

SATURDAY, JUNE 4, 2022 8:00 AM – 11:00 AM

CANYON OAKS PARK 6680 SUMMERTRAIL PL. HIGHLAND CA. 92346

The City of Highland is hosting its 26th Annual Highland Community Trails Day. This year's selected trail route for hiking or walking is City Creek Levee Trail, which will start at Canyon Oaks Park, hiking north to Highland Avenue, and looping to the second segment of the trail. This loop is approximately 2.33 miles long.

Hikers can take a side trip from the Canyon Oak Park and visit the Browning Road Trail (approximately .63 miles) and loop back to the City Creek Levee Trail to finish the trail walk with a total hike of 2.96 miles.

Along the City Creek Levee Trail Loop hikers have the option of visiting various integrative sign stations along the trail which includes signs that show the history of the City.

Follow us on Instagram @cityofhighlandtrails and show us your favorite City Creek Trail sign on Trails Day. Tag us with the hashtag #CITYCREEKTRAIL for a chance to win some prizes!



For Information on the event, please contact Angela Tafolla, (909) 864-6861 Ext.258 or by email at trails@cityofhighland.org



SCAN ME

Check out all our adventures @cityofhighlandtrails



Volunteer Services

HIGHLAND IMPROVEMENT TEAM (HIT)

TEAM UP  **to**
CLEAN UP

Join the Highland Improvement Team on Saturday, June 4, 2022 as we support our annual Trails Day and conduct a litter abatement project. We will be following our special summer hour schedule this month. Registration is from 6:30 a.m. to 7:00 a.m. at Highland City Hall, 27215 Base Line. We will then drive to the trail event site at 7:00 a.m. and conclude by 10:30 a.m.

The event will be conducted on the City Creek Trail which can be entered on Base Line, just east of Boulder, behind the Albertson's shopping center. It will be hot out, please wear sunscreen and a hat if possible. The City provides all tools, supplies and water needed for volunteers. For information about the cleanup or any questions, please contact Denise Moreno, Volunteer Services Coordinator, at (909) 864-6861, extension 203.



Blood Drive



You can help Highland increase blood donations...Schedule your appointment today for our July 25, 2022 blood drive at Highland Police Station, 26985 Base Line 12:00 p.m. to 5:00 p.m.

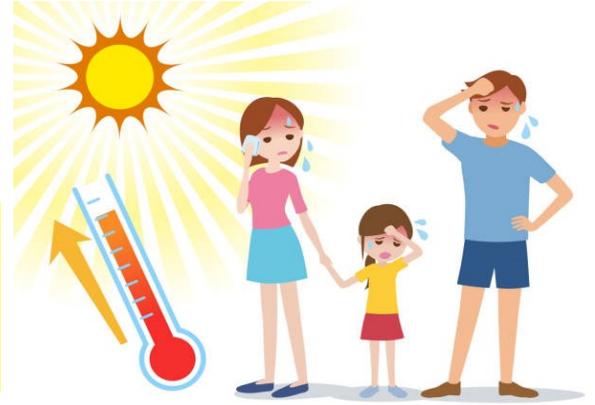
Follow this link to reserve an appointment: https://giftoflife.lstream.org/donor/schedules/drive_schedule/98508

For more information or to schedule an appointment, contact Volunteer Services at (909) 864-6861, extension 203 or email dmoreno@cityofhighland.org



Administration

Tips for Preventing Heat-Related Illness



- * **Wear Appropriate Clothing:** Choose lightweight, light-colored, loose-fitting clothing.
- * **Stay Cool Indoors:** Stay in an air-conditioned place as much as possible. If your home does not have air conditioning, go to the shopping mall or public library—even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. Call your local health department to see if there are any heat-relief shelters in your area.
- * **Keep In Mind:** Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness. Taking a cool shower or bath or moving to an air-conditioned place is a much better way to cool off. Use your stove and oven less to maintain a cooler temperature in your home.
- * **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it is coolest, like morning and evening hours. Rest often in shady areas so that your body has a chance to recover.
- * **Pace Yourself:** Cut down on exercise during the heat. If you are not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually. If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.
- * **Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

Tips: Look for sunscreens that say “broad spectrum” or “UVA/UVB protection” on their labels—these products work best. Avoid Hot and Heavy Meals: They add heat to your body!

- * **Do Not Leave Children in Cars:** Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting heat stroke or dying. When traveling with children, remember to do the following: Never leave infants, children, or pets in a parked car, even if the windows are cracked open. To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.





- * **Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Do not wait until you are thirsty to drink. **Warning:** If your doctor limits the amount you drink or has you on water pills, ask how much you should drink while the weather is hot.

Stay away from very sugary or alcoholic drinks—these cause you to lose more body fluid. Also avoid very cold drinks because they can cause stomach cramps. **Replace salt and minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in sweat.

If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

- * **Keep Your Pets Hydrated:** Provide plenty of fresh water for your pets and leave the water in a shady area.
- * **Check for Updates:** Check your local news for extreme heat alerts and safety tips and to learn about any cooling shelters in your area.
- * **Know the Signs:** Learn the signs and symptoms of heat-related illnesses and how to treat them.
- * **Use a Buddy System:** When working in the heat, monitor the condition of your co-workers and have someone do the same for you. Heat-induced illness can cause a person to become confused or lose consciousness. If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.
- * **Monitor Those at High Risk:** Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise

People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation. Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children, of course, need much more frequent watching.

For further information about severe weather conditions, please visit www.cdc.gov



Public Services

SENIORS WANTED!

Are you a Highland resident and sixty (60) years of age or older? If so, then you are eligible to receive a senior discount on trash service. Senior citizen rates are equivalent to a twenty percent (20%) discount to the individuals who meet the following criteria:



- a. Over sixty (60) years of age
 - b. Residing as head of household
 - c. Single Family residence only
- Note: proof of items a -c is required**



For more information on the senior discount please contact Burrtec Waste Industries, Inc. at (909) 889-1969. For general information regarding solid waste and/or recycling services in the City of Highland, please contact Public Services Division at (909) 864-8732, extension 271.

Refuse Collection Information

Containers must be placed at the curb for service by 5:30 a.m. the day of collection to ensure service. Between collection days residents are encouraged to store carts on their own property, either in garages or behind fences.

Street Sweeping

The street sweeper in residential areas can sweep anytime from 6 a.m. to 6 p.m., the next business day after your trash day. If trash pickup is delayed one day due to a holiday, the street sweeper will be delayed one day as well. Residents are encouraged to move parked vehicles from the street on sweeping day to ensure clean streets for Highland.

Stormwater Pollution

Anything thrown, swept or poured into the gutter or catch basin can flow directly into our creeks and eventually the ocean. This includes pollutants like trash, pet waste, cigarette butts, motor oil, anti-freeze, pesticides and fertilizers, paint from brushes, containers rinsed in the gutter and toxic household chemicals. Unlike sewage, which goes to a treatment plant, stormwater pollution flows untreated through the storm drain system. Contaminated runoff pollutes our drinking water and waterways, making them unsafe for people and wildlife.

For more information please contact the Public Services Division at (909) 864-8732, extension 271.





REPETE'S WISDOM OF THE WEEK...

What Is Illegal Dumping and How Can I Report It?

Illegal dumping is dumping of any waste, whether it is oil, furniture, appliances, trash, litter or landscaping cuttings, etc., upon any public right-of-way, City property or private property, without consent of the owner.

Code Enforcement patrols City neighborhoods daily to deter illegal dumping and investigate citizen complaints. Community help is essential to catching and deterring illegal dumps.

The City encourages anyone who encounters an illegal dump that has already taken place to report it. If you observe someone illegally dumping, please take down the following information:

- Date, time and location of incident
- Description of vehicle and license plate number
- Description of person(s) dumping
- What items/materials were being dumped
- Your name and phone number (optional)



Report the information to the following agencies: To report illegal dumping in progress, please contact the Highland Police Department at (909) 387-8313. Illegal dumping that has already taken place, please contact Public Works at (909) 864-6861, extension 217. With adequate information and an eyewitness who is willing to testify, the City can and will pursue prosecution.

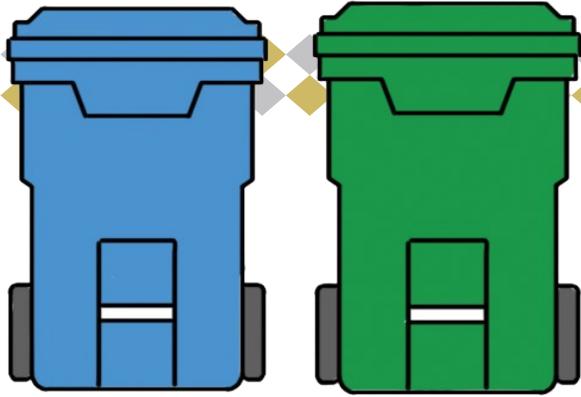
Scavenging Hurts Businesses!

Whether it's called dumpster diving or scavenging, it is the unauthorized removal of recyclable materials placed in a designated container at a designated location for the purposes of collection and processing by an authorized agent. The only authorized agent in the City of Highland is Burrtec Waste.

The regular removal of recyclable materials from a bin will increase the cost of collection services! Materials placed in a recycling bin have a value, and that value is used to offset collection and processing costs which directly lower rates. When scavengers break the law by removing those materials, they are also removing items valuable to the recycling program, which ultimately affects rates. Do not approach or confront a scavenger! Get a description of the person and the vehicle with license plate number or take a picture. Report the incident to the Highland Police Department at (909) 387-8313 or during business hours contact Public Services at (909) 864-6861, extension 271.



Discourage scavenging - do not give permission to scavengers or the "Cardboard Man" to take recyclables from your bins. If you have any questions please contact Public Services Coordinator, Carlos Florez at (909) 864-8732, extension 271.



Public Services

TAKING OUT THE TRASH

A chore almost no one likes. Bins that are broken in the middle, are missing wheels, have cracked lids or have no lids at all can make this bit of domestic drudgery worse by the condition of the bin. **Is your container damaged** (i.e., broken, or missing lid/wheels or cracks/holes in the container)? Containers damaged because of normal use will be replaced or repaired free of charge.

Note: When you are finished grilling, let the coals completely cool for at least 48 – 72 hours before disposing in a metal container then placing them in the trash. **NEVER place hot coals/ashes in the refuse/recycling barrels.**

If containers have been deliberately destroyed or vandalized by the resident/homeowner there will be a replacement charge. Automated containers are the property of the City's franchised hauler. They are provided to each household, but they do not belong to the resident or property owner.

*For more information, please contact **Burrtec Waste Industries, Inc.** at (909) 889-1969. For general information regarding solid waste and/or recycling services in the City of Highland, please contact Public Services Division at (909) 864-8732, extension 271.*

Volunteer Services

CORONAVIRUS RECOVERY FUND FOR SMALL BUSINESSES

Do Not Hesitate...Funding is still available, APPLY NOW!!!



The City of Highland is encouraging small businesses in Highland to apply for the Coronavirus Recovery Fund Grant Program. First launched in September 2021, the purpose of this program is to provide financial assistance to City-based small businesses impacted by the COVID-19 pandemic. Successful grant recipients will receive a one-time \$7,500 disbursement.

Businesses that meet these specific criteria are eligible for consideration:

- Must have a physical location within the City of Highland (store front, office, commercial structure).
- Be in good standing with the City of Highland (**current/valid business license, no outstanding code enforcement actions, or compliance orders**).
- Must have no more than 100 employees.
- Must be in existence as of August 24, 2021.

Contact Denise Moreno at (909) 864-6861, extension 203 or by email to dmoreno@cityofhighland.org for an application and more information.

Building & Safety

Permit #	Permit Type	Permit Status	Total Valuation
1	Certificate of Occupancy	Finaled	
3	Code Rehab	Issued	\$60,120.00
3	Code Special Inspection	Completed	
2	Demolition	Issued	\$100.00
1	Demolition	Finaled	\$1,000.00
5	Electrical	Issued	\$10,500.00
4	Electrical	Finaled	\$7,500.00
1	Fire-Certificate of Occupancy	Finaled	
14	Fire-Sprinklers	Issued	\$4,000.00
12	Mechanical	Issued	\$129,391.55
4	Mechanical	Finaled	\$79,279.00
1	Miscellaneous	Finaled	
2	Multi-Family New	Issued	\$1,503,009.90
4	Patio Cover	Issued	\$25,500.00
4	Plumbing	Issued	\$18,700.00
4	Pool/Spa	Issued	\$202,000.00
10	Reroof	Issued	\$139,789.00
4	Reroof	Finaled	\$41,800.00

April 2022 Report

Total Permits: 126

Total Valuation:
\$7,356,789.20

Permit #	Permit Type	Permit Status	Total Valuation
1	Single-Family Addition	Issued	
2	Single-Family Alteration	Issued	\$5,931.00
1	Single-Family Alteration	Finaled	\$7,500.00
1	Single-Family New	Completed	\$79,314.00
13	Single-Family New	Issued	\$4,325,999.01
23	Solar - Residential	Issued	\$553,888.00
6	Solar - Residential	Finaled	\$161,467.74



Volunteer Services

FEEDING OUR COMMUNITY MOBILE FOOD DISTRIBUTION

Community Action Partnership of San Bernardino County (CAPSBC) will host a monthly mobile food distribution in the City of Highland through the end of the year. Food distribution will take place at Highland Community Park, 7793 Central Avenue from 10:00 a.m. to 2:00 p.m. on the following days:

- Wednesday, June 15
- Wednesday, July 13
- Wednesday, August 10
- Wednesday, September 14
- Wednesday, October 12
- Wednesday, November 9
- Wednesday, December 7



For more information contact CAPSBC at (909) 723-1500 / www.CAPSBC.org
#CAPSBCCARES

Volunteer Services

EMERGENCY MORTGAGE ASSISTANCE PROGRAM (EMAP)



The City of Highland has established the Emergency Mortgage Assistance Program (EMAP) to assist Highland residents with mortgage delinquencies resulting from the pandemic.

This program is aimed at assisting homeowners of limited income, impacted by the pandemic, by reducing delinquent mortgage payments and/or avoiding foreclosure.

For more information and program eligibility pre-screening, contact (909) 864-6861, extension 203 or (909) 864-6861, extension 230.



Volunteer Services

Fourth of July Parade

Registration is now open for our Annual Fourth of July Parade! This year's parade takes place on Monday, July 4, 2022. Participant check-in time is 7:30 a.m. and parade start time is 9:00 a.m.

Once again, the parade is **FREE** to enter and is open to all organizations, groups or individuals. We welcome marching bands, youth programs, community groups, car clubs, local businesses, and other organizations to participate.

Registration forms are available at Highland City Hall (27215 Base Line) or you may request a form to be mailed or emailed to you by contacting Volunteer Services at (909) 864-6861, extension 203 or dmoreno@cityofhighland.org

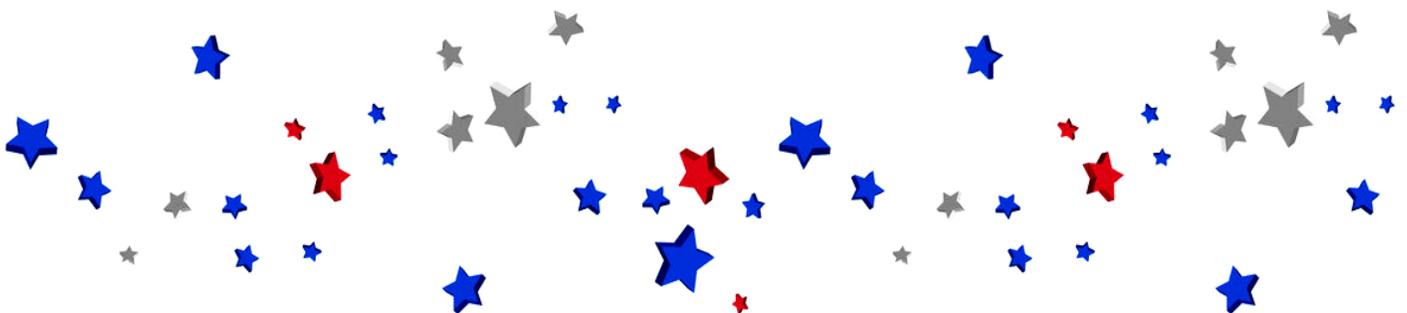
Please return completed registration form to the City of Highland by 5:00 p.m. on Thursday, June 23, 2022.

Submit Forms:

- In person or by mail to: City of Highland - 27215 Base Line, Highland, CA 92346
- Fax: (909) 862-3180
- Email: dmoreno@cityofhighland.org

Please contact Volunteer Services for more information: (909) 864-6861, extension 203.

RELEASE/WAIVER OF LIABILITY: All parade participants will be required to complete a waiver prior to participating in the parade. Waivers will be available after registration form is received.





Join us Monday, July 4, 2022 for
Highland's Annual Fourth of July Parade!

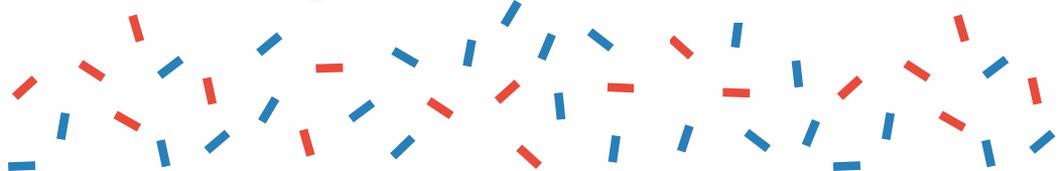
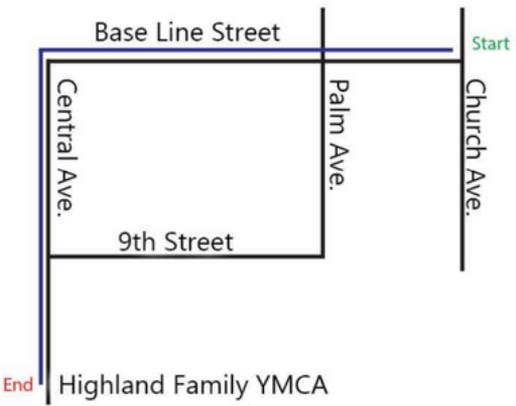
4th of July Parade

Parade Begins @ 9:00 AM

INFO: 909-864-6861 ext. 203



Parade Route



ENTRY# (Office Use Only)

4th of July Parade



MONDAY, JULY 4, 2022

7:30 AM Participant Check-in. Check-in and Lineup is at Church Avenue and Norwood Street (south of Base Line, enter Church Avenue from Fifth Street) **All participants must be in place no later than 8:30am**

9:00 AM Parade Starts!

Parade Route West on Base Line (north side of street) from Palm Avenue, South on Central Avenue, then east on Hibiscus Street ending at the Highland Family YMCA.

REGISTRATION FORM

Organization/Business/Individual: _____

Name of Entry: _____

Type of Entry: Car Truck Truck w/Trailer Equestrian* Band Walking Group

Other: _____

TOTAL number of: Participants _____ Vehicles _____

Brief description of parade entry: _____

***All Equestrian Entries MUST provide their own clean up team. (Verification Required)**

(Office Use Only) Date _____ Contact Name _____ Phone _____

Contact person: _____

Phone#: _____ Email: _____

Address: _____ City: _____ Zip: _____

NO ENTRY FEE.

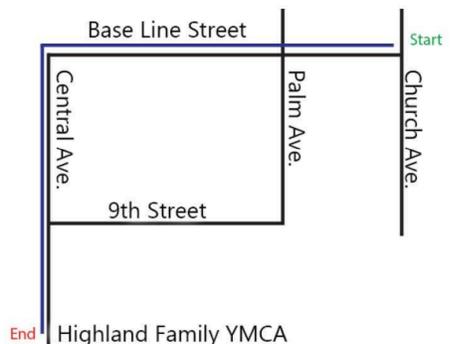
Please return completed application to the City of Highland by 5pm on Thursday, June 23, 2022.

Submit Forms:

- In person or by mail to: City of Highland - 27215 Base Line, Highland, CA 92346
- Fax: 909-862-3180
- Email: dmoreno@cityofhighland.org

RELEASE/WAIVER OF LIABILITY form must be completed by ALL applicants prior to participating in the 4th of July Parade.

Parade Route



Information: Volunteer Services: 909-864-6861 ext. 203 or dmoreno@cityofhighland.org

A SAFE GARDEN: A LOT DEPENDS ON IT.



Protect your family and community when using pesticides and fertilizers.

- ❖ **STRATEGICALLY** apply products on your lawn when rain is not expected. Rain can wash toxic chemicals from your lawn into local waterways.
- ❖ **SPOT-APPLY** products directly on the problem instead of the whole area. Use less chemicals, and conserve the supply of your product.
- ❖ **SAFELY** dispose of unwanted products. The County of San Bernardino offers 9 HHW Centers that accept pesticides, fertilizers and other toxic waste **FREE** of charge.

To report illegal dumping, call
(877) WASTE18 or visit
sbcountystormwater.org



PICK UP AFTER YOUR PET



WHY SHOULD I PICK UP?

-  Dog waste can infect children and adults with disease-causing bacteria and parasites.
-  Your dog can get infected from the waste of other dogs.
-  Dog waste can affect the quality of our rivers and oceans and make the water unsafe for swimming, drinking, or fishing.



BAG IT AND TRASH IT! — Steps and Tips —

- Step 1:** Keep a supply of bags tied to your dog leash.
- Step 2:** Bag the poop and tie the bag.
- Step 3:** Dispose of the tied bag properly by throwing it into a trash can.



Scan code for a **FREE CANISTER**
freedoggiebags.com

Big Bear • Chino • Chino Hills • Colton • Fontana • Grand Terrace • Highland • Loma Linda • Montclair • Ontario • Rancho Cucamonga • Redlands • Rialto • San Bernardino • San Bernardino County • San Bernardino County Flood Control District • Upland • Yucaipa



HAVE YOU PLAYED SPOT'S NEW TRASH MATCH-UP GAME?

Find out how much you know about sorting waste in San Bernardino County.



Step 1: Scan QR code or visit spot.sbcountystormwater.org

Step 2: Drag a trash item to a bin to start the game

Step 3: Make an account to claim your score on the leaderboard.

**available for mobile phones and desktops*



For a list of collection centers near you, visit TooToxicToTrash.com
Must be a San Bernardino County resident to visit centers.

PROTECT YOUR COMMUNITY KEEP TRASH OUT OF OUR STREETS



Step 1

Gather your used masks, gloves, and wipes

Step 2

Place the used items in a bag

Step 3

Tie or seal the bag and dispose into a trashcan



Calendar of Events

June 4, 2022

8am to 11am—26th Annual Community Trails Day, Canyon Oaks Park, 6680 Summertrail Place, Highland

June 7, 2022

Canceled — Planning Commission Meeting, Donahue Council Chambers

June 14, 2022

6pm — City Council Meeting, Donahue Council Chambers

June 9, 2022

6pm — Community Trails Committee Special Meeting, Donahue Council Chambers

June 21, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers

July 4, 2022

9am — Fourth of July Parade, route will be starting on Church Avenue, turning left onto Base Line, left onto Central, and ending at the Highland YMCA

July 5, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers

July 12, 2022

6pm — City Council Meeting, Donahue Council Chambers

July 19, 2022

6pm—Planning Commission Meeting, Donahue Council Chambers

July 23, 2022

9am to 2pm—Used Oil Filter Exchange & Recycling Event, Auto Zone, 27292 Base Line



Find us on:
facebook®

THE CITY OF HIGHLAND FACEBOOK PAGE

The City of Highland has a new and improved Facebook page that we would like for you all to follow us on. This is where you will find important information regarding road closures and construction projects that may affect your travel time, scheduled power outages, emergencies, events such as: Community Blood Drives, Highland Improvement Team projects, Compost Give-A-Way, Used Oil Filter Exchange & Recycling Events and much more. Please "Like" City of Highland - City Hall (<https://www.facebook.com/cityofhighland.cityhall>) as the official page.

Created by: Lissette Nock

Used Oil Filter Exchange & Recycling Event

Bring Used Oil Filters to Recycle and Exchange
for Up to \$15 Oil Filter Voucher

Free!



Join Us! **Saturday, July 23, 2022, from 9 a.m. to 2 p.m.**

EVENT LOCATION:



AutoZone
27292 Baseline Rd,
Highland, CA 92346

Keep in mind...

- ▶ **NEW:** Up to **one \$15 oil filter voucher** per household maximum (limited supply)
- ▶ Expiration: **2 p.m., Saturday July 23, 2022**
- ▶ Valid only at the address shown on the left
- ▶ No exchange or cash refund after event
- ▶ Recycle oil filter safely: **drain for 12 hours** and transport in non-leaking container or bag
- ▶ Available to San Bernardino County residents only – **bring ID or utility bill** for verification
- ▶ If you are experiencing any COVID-19 related symptoms, please come back after 14 days to one of our permanent collection sites to drop off the used oil/oil filters. Vouchers are distributed and valid for the day of the event **ONLY**.

For information, call **909.382.5401** or **1.800.Oily Cat (645.9228)**
or visit sbcfire.org/hhw



Evento de Intercambio y Reciclaje de Filtros de Aceite Usados

Traiga filtros de aceite usado para reciclar y reciba un cupón para uno nuevo

¡Gratis!



¡Acompáñenos! **Sábado, 23 de Julio de 2022, 9 a.m. a 2 p.m.**

Lugar del Evento:



AutoZone
27292 Baseline Rd,
Highland, CA 92346

Detalles...

- ▶ Máximo un cupón de \$15 por domicilio (cantidades limitadas)
- ▶ Vencimiento: **2 p.m., Sábado, 23 de Julio de 2022**
- ▶ Válido solamente en el establecimiento indicado a la izquierda.
- ▶ No se permite intercambio o reembolso en efectivo
- ▶ Recicle los filtros de aceite de forma segura. Permita que el filtro se **drene por 12 horas** y transpórtelo en una bolsa o contenedor a prueba de fugas
- ▶ Solo para residentes del Condado de San Bernardino. Para verificar su dirección **traiga una identificación o una factura de un servicio público**
- ▶ Si tiene algún síntoma relacionado con COVID-19, regrese después de 14 días a uno de nuestros Centros de Colección para Desechos Peligrosos del Hogar para dejar los filtros de aceite/aceite usados. Los cupones se distribuyen y son válidos el día del evento **SOLAMENTE**.

Para más información llame al **909.382.5401** o **1.800.Oily Cat (645.9228)**
¡Visite sbcfire.org/hhw!





**Aging and Adult Services -
Public Guardian**

HOT WEATHER

TIPS

DANGER SIGNS

Hot weather can be dangerous and even deadly. Precautions must be taken to ensure health and safety during our summer months. A person suffering from the heat may not realize it. Be aware of the warning signs of heat related illness, which include:

- Heat cramps: Painful muscle contractions, usually in the hamstring muscles.
- Heat exhaustion: Dizziness, fatigue, headache, rapid/weak pulse, pale or clammy skin.
- Heatstroke: Hot/dry/flushed skin, high body temperature, rapid heartbeat and confusion.

PREVENTION TIPS

- Drink plenty of water. Carry a bottle with you when you are away from home.
- Wear loose fitting cotton clothing and hats with wide brims and carry an umbrella.
- Check with your doctor. Heat may affect your reaction to certain medications.
- Keep electric lights low or off, shades drawn and blinds closed and limit oven use.
- Stay in well-ventilated areas. Circulation of air helps you keep cool.
- Open a window or turn on a fan or air conditioner.
- Have a friend check up on you at different times of the day when it is very hot.
- Eat light meals and avoid alcohol and caffeine.
- Plan ahead so your outside activities are during the coolest part of the day.
- Avoid unnecessary activity and being in direct sunlight or a hot environment.
- Take your time. Do not run around in a hurry.
- Never wait in a car or leave people or pets in a car.
- Remember, excessive heat exposure can result in illness or death!

**Call Senior Information and Assistance at
1-800-510-2020 to connect with resources and services.
If you need emergency medical services, call 911 immediately!**

www.SBCounty.gov/daas



CLIMA CALUROSO

Servicios para Ancianos y Adultos -
Guardián Público

CONSEJOS

SEÑALES DE PELIGRO

El clima caliente puede ser peligroso y hasta mortal. Se deben tomar precauciones para asegurar la salud y seguridad durante los meses de verano. Es posible que una persona sufriendo del calor no se dé cuenta. Este consciente de las señales de advertencia de enfermedad relacionada con el calor, que incluyen:

- ▶ Calambres por el calor: contracciones musculares dolorosas, generalmente en el músculo de la corva.
- ▶ Agotamiento por el calor: Mareos, fatiga, dolor de cabeza, pulso rápido/débil, piel pálida/húmeda.
- ▶ Insolación: piel caliente/seca/enrojecida, alta temperatura del cuerpo, latidos cardíacos rápidos y confusión.

CONSEJOS DE PREVENCIÓN

- ▶ Tome suficiente agua. Lleve una botella de agua con usted cuando esté fuera de casa.
- ▶ Use ropa floja de algodón y sombreros de ala ancha y lleve un paraguas.
- ▶ Consulte con su doctor. El calor puede afectar su reacción a ciertos medicamentos.
- ▶ Mantenga las luces eléctricas bajas o apagadas, las cortinas bajadas y persianas cerradas y limite el uso del horno.
- ▶ Permanezca en zonas bien ventilados. La circulación de aire ayuda a mantenerse fresco.
- ▶ Abra una ventana o encienda un ventilador o aire acondicionado.
- ▶ Pídale a un amigo que lo visite a diferentes horas del día cuando este muy caliente.
- ▶ Coma comidas ligeras y evite el alcohol y la cafeína.
- ▶ Planee con anticipación actividades de aire libre durante las horas más frescas del día.
- ▶ Evite actividades innecesarias y estar bajo el sol o un ambiente caliente.
- ▶ Tómese su tiempo. No corra de prisa.
- ▶ Nunca espere en un automóvil o deje personas o mascotas en un automóvil.
- ▶ ¡Recuerde, exposición excesiva al calor puede resultar en enfermedad o muerte!

Llame a Información y Asistencia para Personas Mayores al

1-800-510-2020 para conectarse con recursos y servicios.

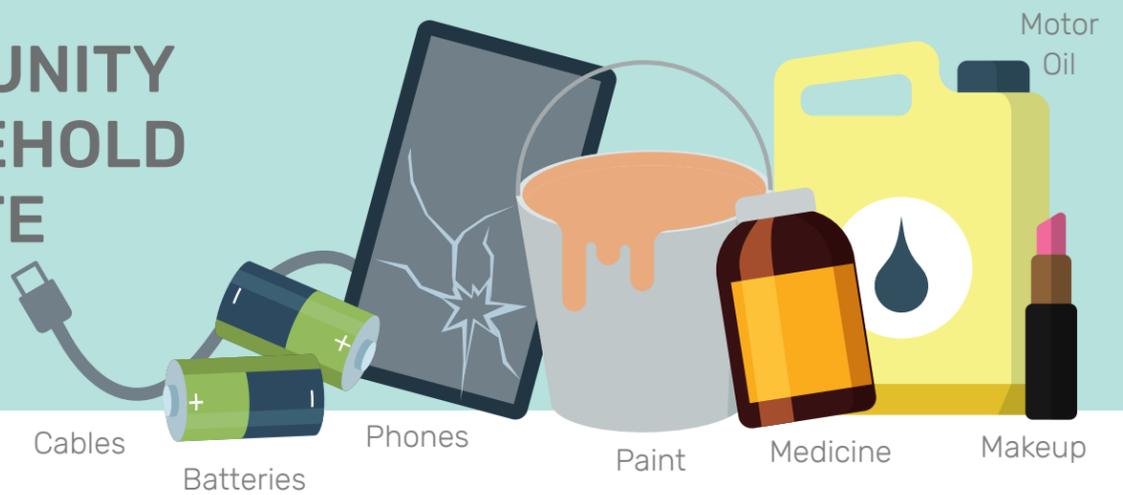
¡Si necesita atención médica de emergencia, llame al 911 inmediatamente!

www.SBCounty.gov/daas

DO NOT DISPOSE OF THESE

HAZARDOUS ITEMS IN YOUR TRASH

KEEP YOUR COMMUNITY
SAFE FROM HOUSEHOLD
HAZARDOUS WASTE



1

Scan to learn what items are HHW and to find the nearest HHW facility



2

Safely contain HHW in container

Limit of 15 gallons or 125 pounds in containers no larger than 5 gallons.



3

Place in trunk or rear of vehicle and take to your nearest HHW facility



*Facilities open to San Bernardino County residents only.
Proof of residency required. Business waste not accepted.*

Scan the QR code or find the nearest HHW facility at
tootoxictotrash.org



SAN BERNARDINO COUNTY STORMWATER PROGRAM
**WHERE WATER
MEETS COMMUNITY**





Economic Development

SAN BERNARDINO COUNTY

MICROBUSINESS

COVID-19 RELIEF GRANT

Award Amount: \$2,500



What is the San Bernardino County Microbusiness COVID-19 Relief Grant Program?

The San Bernardino County Microbusiness COVID Relief Grant is designed to assist businesses that have experienced economic barriers due to the effects of the global pandemic.



What are the Grant requirements?

- Businesses & Non-Profits located within the San Bernardino County boundaries
- 5 or less full-time employees
- Gross Revenues of less than \$50,000 in 2019 Tax Year or 2020 Tax Year
- Did not receive the California Relief Grant issued by Lendistry

SOURCE: GUIDELINES SET BY THE STATE OF CALIFORNIA



How can I use the funds?

- Renewal of local permits to operate (i.e. sidewalk vendor, etc.)
- Payment of business debt accrued during pandemic.
- The purchase of new certified equipment.



How do I apply and is there a deadline?

Applications open on 2/28/2022 and will remain open until funds are exhausted.

Go to:

www.selectsbcounty.com/major-initiatives/microbusiness-covid-19-relief-grant



Who do I contact with questions?

For questions regarding your grant application, scan the below:



For general information please contact:

grants@eda.sbcounty.gov
phone: 909-387-3286

For more information please visit our website at:

www.selectsbcounty.gov



BOARD OF SUPERVISORS

Col. Paul Cook (Ret.)
First District

Janice Rutherford
Second District

Dawn Rowe
Vice Chair, Third District

Curt Hagman
Chairman, Fourth District

Joe Baca, Jr.
Fifth District

Leonard X. Hernandez
Chief Executive Officer



Thank you to our Strategic Partners

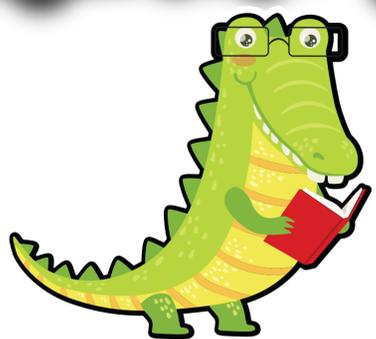
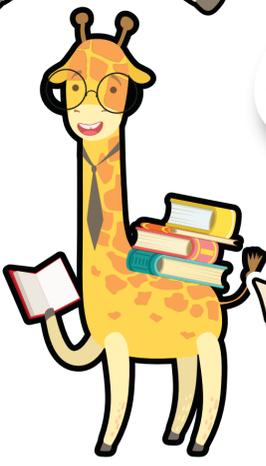




1000

Books

Before Kindergarten



**The concept is simple, the rewards are priceless.
Read a book to your newborn, infant, and/or toddler.
The goal is to have read 1,000 books before your little one starts kindergarten.
This program is available for children aged 0 - 5.**

How it Works:

- Sign Up on Beanstack
- Log Your Reading
- Earn Rewards

Let's Start Reading



Library

