

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.



Volunteer Services

HIGHLAND IMPROVEMENT TEAM (HIT)



Join the Highland Improvement Team on Saturday, July 2, 2022 as we get the community ready for our Fourth of July parade! We will be picking up litter and doing some minor painting near the Highland YMCA which is the closing area for parade participants.

We will be following our summer hour schedule again 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 project site at 7:00 a.m. and conclude by 10:30 a.m.

In addition to picking up litter, volunteers will also be painting, which can get a little messy. Please dress accordingly. It will also be hot out, so remember to wear sunscreen and a hat if possible. The City will provide 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.

Administration

Keep your Pets Cool during the Dog Days of Summer

The “dog days of summer” is a phrase used to describe the hot and humid days of summer. It can be traced back thousands of years to the days of the Roman Empire. It refers to the dates from July 3 through August 11, which is 20 days prior and 20 days after the star Sirius rises and falls in conjunction with the sun. Sirius was known as the “Dog Star”, because it is the brightest star in the constellation Canis Major (Large Dog).

The dangerous heat and humidity of these "dog days" can be harmful to not only humans, but human's best friend and other animals as well. Pets are considered family to many people, and in the event of an emergency, sometimes people will not evacuate if their pets have to be left behind. To gather information on how to protect your pets this summer, the National Weather Service reached out to Donnie Embrey, the Team Leader for Louisa Virginia Community Animal Response Team. Here are a few things to keep in mind during the "dog days" this summer to help keep your pets safe."

Pets, just like humans, are susceptible to heat illness - make sure to keep your animals hydrated! For dogs, Donnie says “A good general guideline is that a healthy dog should drink between ½ and 1 ounce of water per pound of body weight each day under normal conditions. Of course, any pet will need more water on hot and humid days and your pet’s age, hair type, level of activity, medical history and any prior history of a prior heat related illness may dictate that your pet needs more water than the average dog.” When it comes to diet, Donnie says “reducing a pet’s food intake on warmer days can help the pet cope with the heat, especially reducing the intake of grain based foods that cause a metabolic spike in body temperature.”

A common misconception is that giving your pet a buzz cut in the summer is a good idea, but that may not be best for your pet. “A pet’s coat acts as insulation, it keeps it warm in the winter and cool in the summer by blocking the heat of the sun from reaching the skin.” For example, “the several layers of the dog’s coat keep the heat out and air circulating. If you remove the natural cooling process the dog will have a harder time coping with the heat.” Check with a veterinarian or professional groomer to find out what’s best for your pet.



Heat Pet Safety

Never leave your pets in a parked car!

Safety Tips For Your Pets

weather.gov/heat

- Watch the humidity** (Icon: Thermometer)
- Limit exercise on hot days** (Icon: Cat)
- Provide ample shade and water** (Icon: Bowl of water)
- Don't rely on a fan** (Icon: Fan)
- Watch out for hot pavement** (Icon: Road with steam)

Hot asphalt or cement can easily burn an animals paws, so try to minimize walking your pet during the hottest part of the day. Not sure how hot the asphalt is? Place the back of your hand on the asphalt - if it's too hot for you, it's too hot for them.

Also, as mentioned before, animals can suffer from heat illness. A few signs of heat illness in pets are rapid or irregular heart rate, excessive drooling, lethargy, refusal to eat, or excessive panting. "Panting is a normal cooling mechanism for a dog", says Donnie, "but a very bad sign for a cat. Be aware of excessive panting in dogs." If you notice any of these signs of heat illness "remove your pet from the heated environment and get it into a cooler environment. Apply cool towels to the pet, remove the towels, wring out the warm water, re-wet and reapply. Provide plenty of cool fresh water for the pet, but be careful not to chill the pet."

Last but not least, NEVER leave a pet unattended inside a vehicle. The temperature inside a vehicle can rise very quickly and is just as dangerous for pets as it is for people. Rolling down the windows is not a safe alternative. Keep these things in mind and have a safe and fun-filled dog days of summer. *Information courtesy of weather.gov*



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](https://giftoflife.lstream.org/donor/schedules/drive%20schedule/98508)

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

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:

**SENIOR
CITIZEN
DISCOUNT**

- 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**

**SENIOR
CITIZEN
DISCOUNT**

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 is 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

ATTENTION HIGHLAND RESIDENTS Fourth of July Refuse Pick-Up Schedule

Burrtec Waste Industries, Inc. will be closed on Monday, July 4, 2022, in observance of the 4th of July holiday. Therefore, trash, green waste and recycling collection will be delayed by one day. Your regularly scheduled collection services will resume the following week. Please keep in mind that street sweeping will also be delayed by one day as well.

Fourth of July Holiday Schedule is as follows:

If regular pickup day falls on: Monday, July 4
Trash will be picked up on: Tuesday, July 5

If regular pickup day falls on: Tuesday, July 5
Trash will be picked up on: Wednesday, July 6

If regular pickup day falls on: Wednesday, July 6
Trash will be picked up on: Thursday, July 7

If regular pickup day falls on: Thursday, July 7
Trash will be picked up on: Friday, July 8

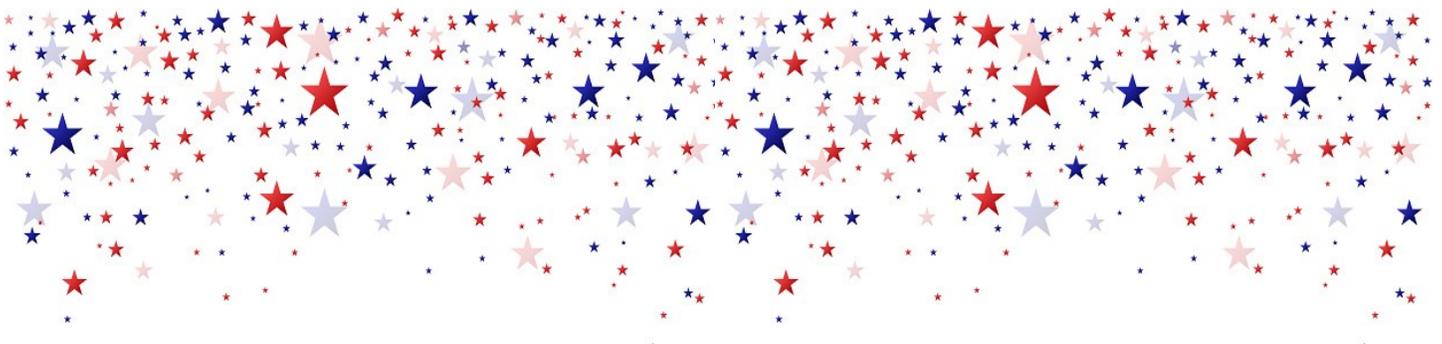
If regular pickup day falls on: Friday, July 8
Trash will be picked up on: Saturday, July 9



Should you have any questions with collection services, please contact:

** Burrtec Waste Industries, Inc. at (909) 889-1969

** City of Highland, Public Services Division at (909) 864-8732, extension 271



Building & Safety



Permit #	Permit Type	Permit Status	Total Valuation
2	Certificate of Occupancy	Finaled	
2	Code Rehab	Issued	\$10,350.00
1	Code Special Inspection	Completed	
1	Commercial Addition	Issued	\$27,158.40
2	Commercial Alteration	Issued	\$85,000.00
5	Commercial Alteration	Finaled	\$4,000.00
2	Demolition	Issued	\$920.00
1	Demolition	Finaled	
5	Electrical	Issued	\$8,200.00
7	Electrical	Finaled	\$800.00
2	Fire-Certificate of Occupancy	Finaled	
54	Fire-Sprinklers	Issued	\$38,710.00
1	Fire-Sprinklers	Finaled	
1	Fire-Sprinklers	Completed	
1	Fire-Underground Fire	Finaled	
1	Grading	Issued	\$3,000.00
11	Mechanical	Issued	\$150,846.00
8	Mechanical	Finaled	\$18,275.00
1	Miscellaneous	Finaled	
1	Multi-Family Alteration	Issued	\$500.00
8	Patio Cover	Issued	\$77,921.00
8	Patio Cover	Finaled	\$5,295.00
9	Plumbing	Issued	\$38,593.00
6	Plumbing	Finaled	\$22,520.00

May 2022 Report
Total Permits: 272
Total Valuation: \$2,704,280.21

Permit #	Permit Type	Permit Status	Total Valuation
6	Pool/Spa	Finaled	
4	Reroof	Issued	\$46,648.00
29	Reroof	Finaled	\$86,500.00
5	Single-Family Addition	Issued	\$234,992.82
1	Single-Family Addition	Finaled	
4	Single-Family Alteration	Issued	\$81,900.00
3	Single-Family Alteration	Finaled	\$5,700.00
1	Single-Family New	Issued	\$490,768.18
42	Solar - Residential	Issued	\$1,184,082.81
32	Solar - Residential	Finaled	\$78,000.00
1	Walls	Issued	\$3,600.00
4	Walls	Finaled	

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 open for our Annual Fourth of July Parade! Get your entry form in ASAP... Forms are due by **Thursday, June 23, 2022!!!**

This year's parade will take 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 located at 27215 Base Line or you may request a form to be mailed/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
- Contact Volunteer Services for more information: (909) 864-6861, extension 203.

RELEASE/WAIVER OF LIABILITY: All parade participants are required to complete a waiver prior to participating in the parade. The waiver will be given to you upon receiving your parade registration.





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

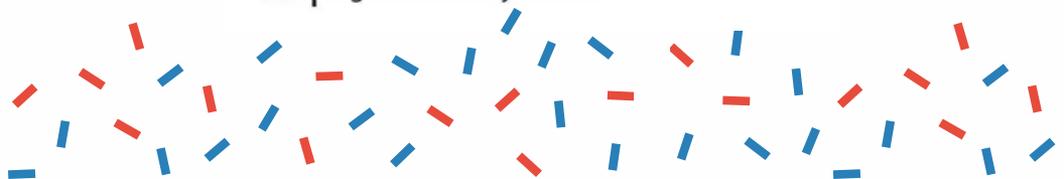
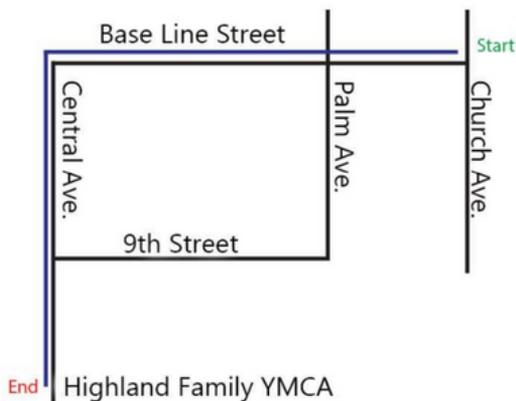
4th of July Parade

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.

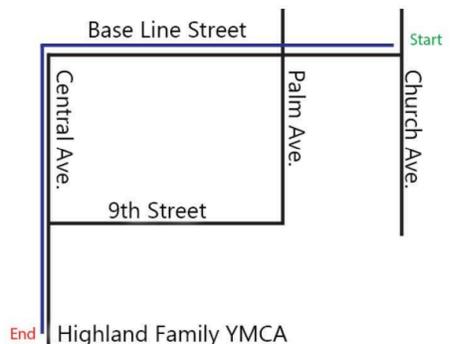
Please return completed application to the City of Highland by 5pm on Thursday, June 23, 2022.

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.

NEED A
**DOGGIE
CANISTER?**



@sbcountystormwater



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 9, 2022

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

June 14, 2022

5:15pm—Finance/Personnel Subcommittee Meeting, Upright Conference Room (Conf Room A)

6pm — City Council 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 14, 2022

4pm — City Council Special Meeting, Donahue Council Chambers

July 19, 2022

6pm—Planning Commission Meeting, Donahue Council Chambers

July 21, 2022

10am—Finance/Personnel Subcommittee Meeting, Upright Conference Room (Conf Room A)

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.

**From
May 31st
to July
15th**



BACK 2 SCHOOL

Backpack Drive



Please join the **HIGHLAND POLICE STATION** with a Backpack and school supply drive.

Let's help student of all ages kick off the new school year prepared for 2022-2023. Backpacks for ages 1st grade to 8th grade

Supplies requested by schools

#2 Pencils, coloring pencils, dry erase markers, highlighters, filler paper (both regular and college), 2" ring binders, composition notebooks, 3 ring spiral notebooks, blue and black pens.

We will have 2 drop off locations at

Highland Police Station 26985 Baseline
(office hours 8-4:30 Monday – Friday)

East Highland Ranch 7136 Club View Drive
(office hours 9-4:30 Monday – Friday)

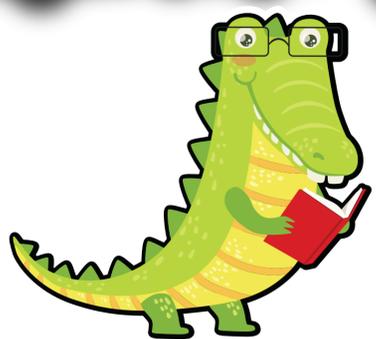
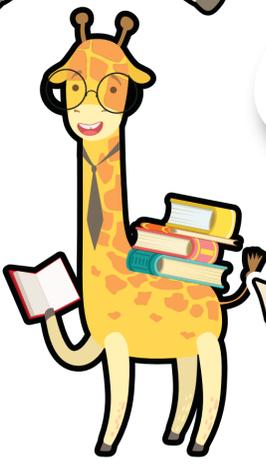
Thank you in advance for your generous donations, we here at the police station always appreciate your donations. All donations will be provided to Curtis MS, Lankershim and Warm Springs Elementary



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



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



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



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Thank you to our Strategic Partners

