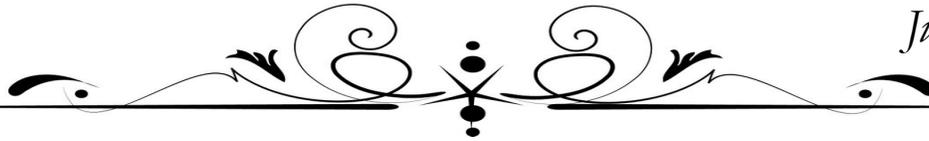


City of Highland

Weekly Report



July 15, 2022



PUBLIC SAFETY APPRECIATION LUNCHEON CANCELLED

Highland's Public Safety Appreciation Luncheon, originally scheduled for Wednesday, July 20, has been cancelled.

The luncheon will be rescheduled at a later date.

For any questions or for more information, please contact Volunteer Services at (909)864-6861, extension 203.



NATIONAL NIGHT OUT & RESOURCE FAIR

Join Highland for National Night Out & Resource Fair at the Highland Police Station from 6:00 p.m. to 8:00 p.m. on Tuesday, August 2. Meet with police and fire personnel, city council, city staff, community businesses and organizations. Come on down and meet new people, receive a plethora of information, collect some promotional items and snack on hot dogs! The Highland Police Station is located at 26985 Base Line.

National Night Out enhances the relationship between neighbors and law enforcement while bringing back a true sense of community. Furthermore, it provides a wonderful opportunity to bring police and neighbors together under positive circumstances. National Night Out is celebrated by millions of neighbors across thousands of communities.

For more information contact Volunteer Services at (909) 864-6861, extension 203.



Blood Drive

Highland's Next Blood Drive is Monday, July 25th!

You can help Highland increase blood donations...schedule your appointment today for our July blood drive! As a special incentive, donors will receive a special edition "Fearless Fighter" shirt and a beach towel, while supplies last. For more information or to schedule an appointment, contact Volunteer Services at 909-864-6861 extension 203 or email dmoreno@cityofhighland.org.

Follow this link to reserve an appointment:

https://giftoflife.lstream.org/donor/schedules/drive_schedule/98508

Highland Community Blood Drives
12:00 p.m. – 5:00 p.m.
Highland Police Station ~ 26985 Base Line



2022 Blood Drive Schedule:

Monday, July 25
Monday, September 26
Monday, November 28



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.



Public Services



RE~PETE WANTS YOU TO KNOW...

San Bernardino County

Household Hazardous Waste Collection Facilities

ACCEPTED ITEMS

- Motor Oil/Used Filters
- Auto & Household Batteries
- Paint Products
- Antifreeze
- Household Cleaners
- Pesticides & Fertilizers
- Medications (excluding controlled substances, separate liquids from solids)
- Home-Generated Sharps/Needles in approved container
- Fluorescent Tubes
- E-Waste (Electronic Waste) such as: TVs & Computer Monitors, CPUs, Printers, Microwave Ovens, Cell/Mobile Phones, Telephones, Space Heaters, Stereos, Radios, VCRs/DVD Players, Musical Cards, Clothes Irons
- Mercury Thermostats
- Cooking Oil

ITEMS NOT ACCEPTED

- Business/Commercial Wastes
- Wastes from foreclosed properties and non-profit organizations
- Radioactive Wastes
- Medical Wastes other than Sharps
- Asbestos
- Explosives
- Reactives
- Tires, Appliances, Furniture, Air Conditioner, etc.

TRANSPORTATION GUIDELINES

Before transporting hazardous waste to a collection facility, be sure that:

- ◆ The amount of waste transported does not exceed 15 gallons or 125 lbs. per visit in containers no larger than 5 gallons.
- ◆ The waste is properly labeled as to its contents or in its original container.
- ◆ The containers are sound, not leaking and sealed.
- ◆ Wastes are placed securely in the vehicle for safe transport.
- ◆ The contents of the container are the same as stated on the label. If not, cover up the label and write the name of its contents.

**Did you know that used
motor oil and filters are
100% recyclable?**

Collection Facility Information

San Bernardino County Fire Department
Household Hazardous Waste Program

2824 East "W" Street
San Bernardino, CA
Monday to Friday ~ 9:00 a.m.

(909) 382-5401
or
1-800-OILY-CAT (1-800-645-9228)



Public Services

HOW TO BE A STORMWATER HERO

Stormwater is rain, snow melt, or irrigation water that flows across impervious surfaces and eventually reaches our waterways. Stormwater is not treated before being released into the environment. That is why it is so important to make sure that we keep stormwater clean of pollutants – to protect our health and the environment.



This image is courtesy of the Santa Clara Valley Urban Runoff Pollution Prevention Program.

How can you prevent stormwater pollution in your home and garden?

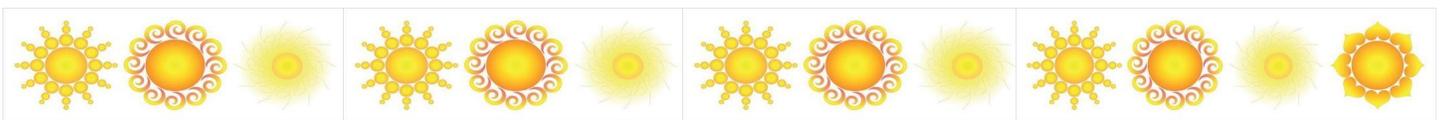
Stormwater runoff is susceptible to picking up all sorts of pollutants on its way to the ocean or local bodies of water. Common stormwater pollutants include trash, pet waste, motor oil, pesticides, and other chemicals. These pollutants pose a serious health risk to people swimming or fishing in our water bodies as well as to wildlife.

Here are some tips on how we can all do our part to prevent stormwater pollution:

- Dispose of trash in the proper bins, and make sure your trash bin lids are secure.
- Always pick up after your pet. Order a free doggie bag canister here: <https://sbcountystormwater.org/residents/dog-owners/> so you never find yourself without a poop bag.
- Reduce the use of pesticides and fertilizers in your garden. Find tips for less-toxic alternatives here: <https://sbcountystormwater.org/residents/gardeners/>
- Always dispose of Household Hazardous Waste (such as paint, household cleaners, motor oil, etc.) at HHW collection centers. Find your nearest HHW collection center here: <https://sbcountystormwater.org/residents/toxic-items/household-hazardous-waste-collection-locations/>

Capturing and Conserving Stormwater — Stormwater is also a valuable resource. Especially as drought becomes more common, capturing and conserving rainwater can help reduce our reliance on potable water. Here are some tips for making the most of the scarce but free rainwater that falls on our gardens:

- Apply mulch and compost to your garden. This will create nutritious soil and help your soil capture and retain water.
- Install a rain barrel or rain cistern to capture rainwater and save it to use in drier months. You may even qualify for a rebate to subsidize the cost of your water capture system. Check with your local water agency to find what rebates are available to you.
- Check out free gardening webinars, classes, and resources offered by the UCCE Master Gardeners of San Bernardino County. <https://mgsb.ucanr.edu/>



Summer Pool Season is Here!

It is that time of year again when swimming pools and hot tubs are in high demand, but they must be maintained properly to ensure that harsh pool chemicals are not allowed to enter the storm drain! If yours is not treated through the sanitation system, follow these simple tips for proper disposal of hot tub and pool water:



- **De-chlorinate** - Chlorine naturally dissipates over time and should be completely gone if the water is left standing for 3-5 days. Use a pool testing kit prior to discharge to ensure the concentration of chlorine is zero.
- **Check pH** – determine the pH of the pool water before discharge on your own or ask your pool maintenance company to check it for you. It should be between 6.5 and 8.5.
- **Free and clear** - Make certain the water is free of any discoloration, dirt or algae.
- **Use your grass** - When discharging to a grassy area, the flow should be controlled so it doesn't cause any erosion problems or enter a neighbor's property.

For questions regarding pool/ spa draining or how you can help keep pollutants from entering our storm drain system, please contact the Public Services Division at (909) 864-8732, extension 271.



Public Works



PUBLIC WORKS REPORT ~ JUNE 2022 MAINTENANCE ACTIVITIES (MAN HOURS)

General Clean-up	74
Parkway Maintenance	8
Potholes	27.5
Sidewalk	5.5
Storm Drains	33.5
Signs/Traffic Control	27.5
Trees Trimmed	16.5
Vehicle/Tool Maintenance	30.75
Building/Grounds Maintenance	68
Landscape Maintenance District	41.5
Park Maintenance	198.25
Trail Maintenance	14
Special Maintenance	31
Crack Sealing	0
Graffiti	80.5
USA Markings	36
Weed Spraying	6.5
Staff Meetings	55.75
Safety Training	12.75
Personal Time-off	0
TOTAL HOURS:	767.5

During the period of July 4, 2022 through July 8, 2022, graffiti was made known to Public Works staff by the following means and removed:

Routine observation by Public Works: Aurantia Park, 26654 Base Line, 26630 Base Line, 7043 Alice St., Base Line & City Creek, Base Line & Walgreens, Base Line & Guthrie St., Base Line & Mira Vista Ave., 9th St. & Del Rosa Ave., 9th St. & Bonnie St., 26036 Base Line

Hotline: 9th St. & Bonnie St., 26001 Base Line, Bonnie St. & Flamingo St.



Administration



As you plan your summer cook-outs, remember these 10 food safety tips to keep your barbecue free from foodborne illness:

1. **Clean Your Grill.** Scrub the grill clean before use. No access to a faucet? Carry bottled water, soap, and paper towels.
2. **Defrost Safely.** Thaw frozen beef, poultry or fish safely in the refrigerator, cold water or a microwave oven. Cook immediately after thawing.
3. **Avoid Cross Contamination.** Separate raw meat and vegetables by using different cutting boards.
4. **Check Internal Temperatures.** Cook food to a safe minimum internal temperature by using a food thermometer:
 - ◆ Whole cuts of meat: 145° F with a three-minute rest time
 - ◆ Fish: 145° F
 - ◆ Ground meats: 160° F
 - ◆ Egg dishes: 160° F
 - ◆ Poultry (ground or whole): 165° F
5. **Thoroughly Cook Frozen Meat.** Although frozen products may appear to be pre-cooked or browned, treat them as raw food and cook thoroughly. Products labeled as “Cook and Serve,” “Ready to Cook” and “Oven Ready” must be cooked.
6. **Use Food Thermometers Correctly on Burgers.** Insert the thermometer through the side of patty until the probe reaches the center.
7. **Beware of the Danger Zone. Bacteria multiply rapidly between 40° F and 140° F—a.k.a. the Danger Zone.** USDA recommends that perishable food be consumed or refrigerated within two hours (one hour in room or outdoor temperatures of 90 F and above).
8. **Store Leftovers Properly.** Divide leftovers into smaller portions and place them in shallow containers in your refrigerator or cooler.
9. **Keep It Cool.** Pack coolers with ice bags, gel packs or frozen water bottles. Use an appliance thermometer to monitor that food stays chilled at 40° F or below.
10. **When In Doubt Call.** For more questions about food safety, contact the USDA’s Meat and Poultry Hotline at 1-888-MPHotline (1-888-674-6854) to talk to an expert or chat live at ask.usda.gov from 10 a.m. to 6 p.m. Eastern Time, Monday through Friday.





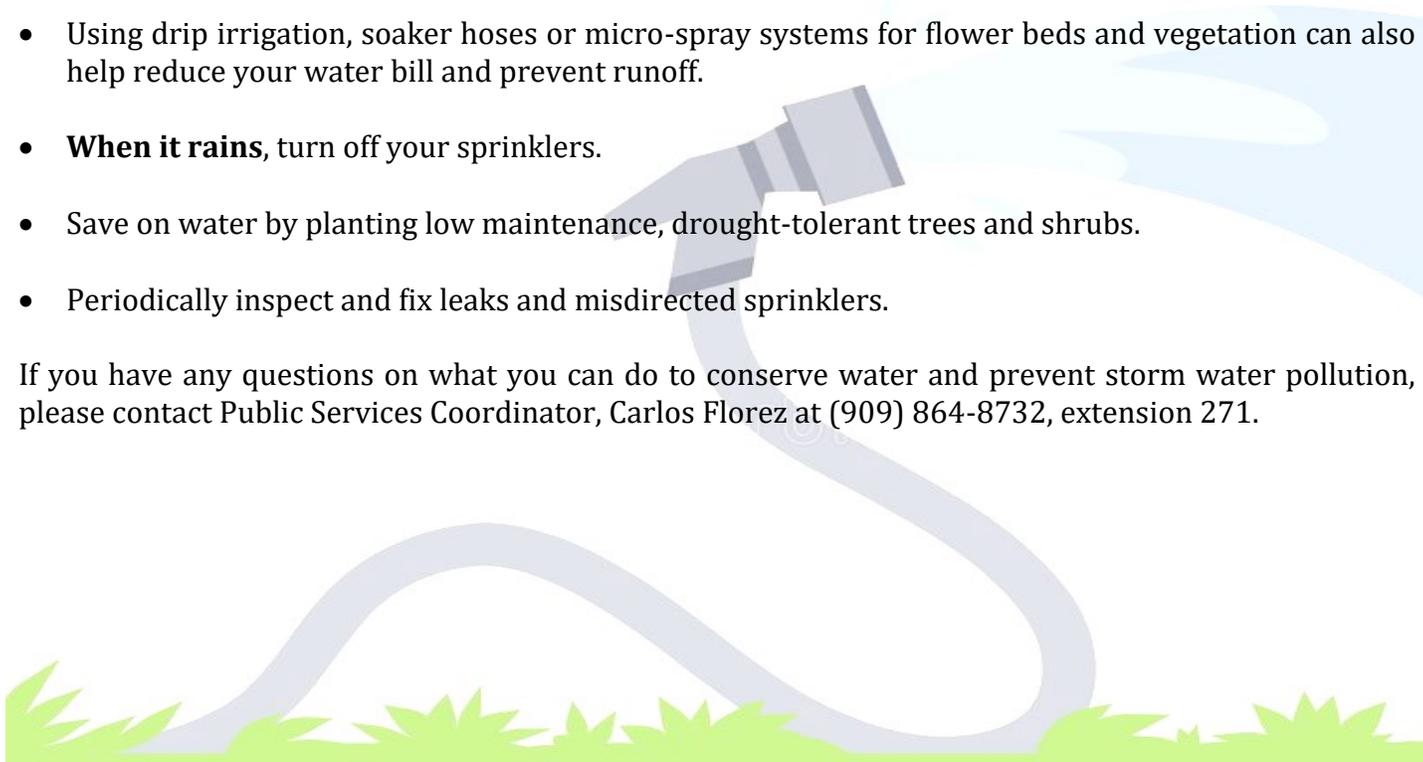
RE-PETE'S WISDOM OF THE WEEK

Over-Watering Tips to Help Save Water and Money

If water flows off your yard onto your driveway or sidewalk, your system is over-watering. Over-watering is not only bad for your lawn, it is a strain on water supplies and often ends up as wasted, excess runoff to lakes and streams. *Here are a few tips that will help you conserve water and prevent storm water pollution and for saving water outdoors:*

- Water your lawn only when it needs it. Step on your grass. If it springs back, when you lift your foot, it does not need water. So set your sprinklers for more days in between watering. **Saves 750-1,500 gallons** per month. Whenever possible water your lawn and garden by hand to control the amount of water you use.
- Do not water the sidewalks, driveway or gutter. Adjust your sprinklers so that water lands on your lawn or garden where it belongs--and only there. **Saves 500 gallons** per month.
- Water lawns during the early morning hours when temperatures and wind speeds are the lowest. This reduces losses from evaporation. **Saves 300 gallons.**
- Put a layer of mulch around trees and plants. Chunks of bark, peat moss or gravel slows down evaporation. **Saves 750 to 1,500 gallons** a month.
- *Do not hose down your driveway or sidewalk.* Use a broom to clean leaves and other debris from these areas. **Can save up to 100 gallons a week.**
- Using drip irrigation, soaker hoses or micro-spray systems for flower beds and vegetation can also help reduce your water bill and prevent runoff.
- **When it rains**, turn off your sprinklers.
- Save on water by planting low maintenance, drought-tolerant trees and shrubs.
- Periodically inspect and fix leaks and misdirected sprinklers.

If you have any questions on what you can do to conserve water and prevent storm water pollution, please contact Public Services Coordinator, Carlos Florez at (909) 864-8732, extension 271.





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 located at 7793 Central Avenue. For more information contact CAPSBC at (909) 723-1500 / www.CAPSBC.org / #CAPSBCCARES



*Distribution is from 10:00 a.m. to 2:00 p.m.
on the following dates:*

- Wednesday, August 10
- Wednesday, September 14
- Wednesday, October 12
- Wednesday, November 9
- Wednesday, December 7



Volunteer Services

EMERGENCY MORTGAGE ASSISTANCE PROGRAM (EMAP)



HOUSING ASSISTANCE

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.

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

July 19, 2022

6pm—Planning Commission Meeting, Donahue Council Chambers

July 21, 2022

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

July 23, 2022

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

July 25, 2022

12pm to 5pm — Blood Drive, Highland Police Station, 26985 Base Line

August 2, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers

6pm to 8pm—National Night Out & Resource Fair, Highland Police Station, 26985 Base Line

August 4, 2022

5pm—Historic and Cultural Preservation Board Meeting, Donahue Council Chambers

August 9, 2022

6pm — City Council Meeting, Donahue Council Chambers

August 11, 2022

6pm—Community Trails Committee Meeting, Donahue Council Chambers

August 16, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers



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.

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...

- ▶ Up to **one \$15 oil filter voucher** per household maximum (limited supply)
- ▶ Expiration: **2 p.m. Saturday, 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
- ▶ 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 cupon 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**
- ▶ Los cupones se distribuiran y seran validos el dia del evento **SOLAMENTE.**

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



CITY OF HIGHLAND

National Night Out & Resource Fair

Tuesday, August 2, 2022

6:00pm to 8:00pm

Highland Police Department & Memorial Park
26985 Base Line



INFO: 909.864.6861 ext 203



MEDIA CONTACT

Denise Campos
Office of Media and Public Information
(213) 244-2442
dcampos@socalgas.com

NEWS RELEASE

New Eligibility Guidelines Open SoCalGas Energy Savings Assistance Program to More Customers

Recently enacted California law increases customer access to no-cost energy-saving home improvements which support SoCalGas' efforts to lead the transition to a clean energy system

LOS ANGELES (July 6, 2022) – [Southern California Gas Co.](#) (SoCalGas) announced that as of July 1, 2022, more customers will now be eligible for no-cost energy-saving home improvements through the Energy Savings Assistance Program. The new guidelines expand eligibility criteria for customers whose income is up to 250% of federal poverty guidelines, compared to the previous criteria of up to 200%. A family of four that earns up to \$69,375, will now be eligible for no-cost energy efficiency upgrades. The previous income eligibility guidelines were up to \$55,500 for a family of four.

The ESA program provides attic insulation, furnace repair or replacement, clothes washer, water heater repair or replacement, water heater blankets, door weather stripping, caulking, low-flow showerheads, faucet aerators, minor repairs to doors and windows, and other services to eligible customers.

Customers could save up to 20% annually on their natural gas bill depending on the energy efficiency upgrades performed. More than 1.6 million homes have been enrolled in the program since 2002.

Customers can qualify for the Energy Savings Assistance Program based on having one individual in the home who falls under the income guidelines or participates in a public assistance program like Medi-Cal/Medicaid, CalFresh, the National School Lunch Program, among others. The program is open to renters and homeowners, and income levels are updated annually to adjust for federal poverty guidelines.

“SoCalGas is leading the transition to a more resilient energy future by providing customers with affordable, more sustainable energy. Through the Energy Savings Assistance Program, we can offer long-term, energy-efficient home improvements to customers that will lower their costs and reduce a household’s environmental footprint. The program’s expanded guidelines will allow more SoCalGas customers to save energy and save money and help us collectively reach clean energy goals,” said Brian Prusnek, SoCalGas’ Director of Customer Programs and Assistance.

The Energy Savings Assistance Program’s revised income guidelines were the result of Senate Bill 756, authored by San Diego Senator Ben Hueso (D-40). “The ESA program is an important tool for our state in the fight against climate change,” said Senator Hueso. “Energy efficiency upgrades reduce energy utility bills, increase a family’s quality of life and comfort, support economic development, and move the state closer toward its climate goals. However, the ESA program budgets are routinely not fully expended – often with hundreds of millions of dollars remaining unspent each year. This new law will remedy that by expanding eligibility to include more low-income customers.”

“My family and I are very happy and grateful for the weatherization repairs SoCalGas and their contractor ACSGROUP provided to our home,” said Veronica Medrano, a SoCalGas customer from Montclair. “We received a new furnace, and they installed a new water heater and we also qualified for a new washing machine. Our home is now more energy efficient. This program has changed our lives.”

Another SoCalGas customer assistance program is the California Alternative Rates for Energy (CARE) program, which will continue to provide a 20% discount on the monthly natural gas bill for customers who participate in certain public assistance programs or fall within 200% of federal poverty guidelines. A family of four that earns up to \$55,500 is now eligible for the discount.

To learn about SoCalGas’ customer assistance programs, including the CARE program, or to sign up for the Energy Savings Assistance Program, visit socalgas.com/assistance or call (800) 331-7593. Information is available in the following languages: Chinese, Hmong, Korean, Russian, Spanish, and Vietnamese.

###

About SoCalGas

Headquartered in Los Angeles, [SoCalGas®](#) is the [largest gas distribution utility](#) in the United States. SoCalGas delivers affordable, reliable, and increasingly renewable gas service to 21.8 million consumers across [24,000 square miles](#) of Central and Southern California. Gas delivered through the company's pipelines will continue to play a key role in California's clean energy transition—providing electric grid reliability and supporting wind and solar energy deployment.

SoCalGas' mission is to build the [cleanest, safest and most innovative energy company in America](#). In support of that mission, SoCalGas aspires to achieve [net-zero greenhouse gas emissions](#) in its operations and delivery of energy by 2045 and to replacing 20 percent of its traditional natural gas supply to core customers with renewable natural gas (RNG) by 2030. Renewable natural gas is made from waste created by dairy farms, landfills, and wastewater treatment plants. SoCalGas is also committed to investing in its gas delivery infrastructure while keeping bills affordable for customers. SoCalGas is a subsidiary of [Sempra](#) (NYSE: SRE), an energy services holding company based in San Diego.

For more information visit socalgas.com/newsroom or connect with SoCalGas on [Twitter](#) (@SoCalGas), [Instagram](#) (@SoCalGas) and [Facebook](#).



**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.

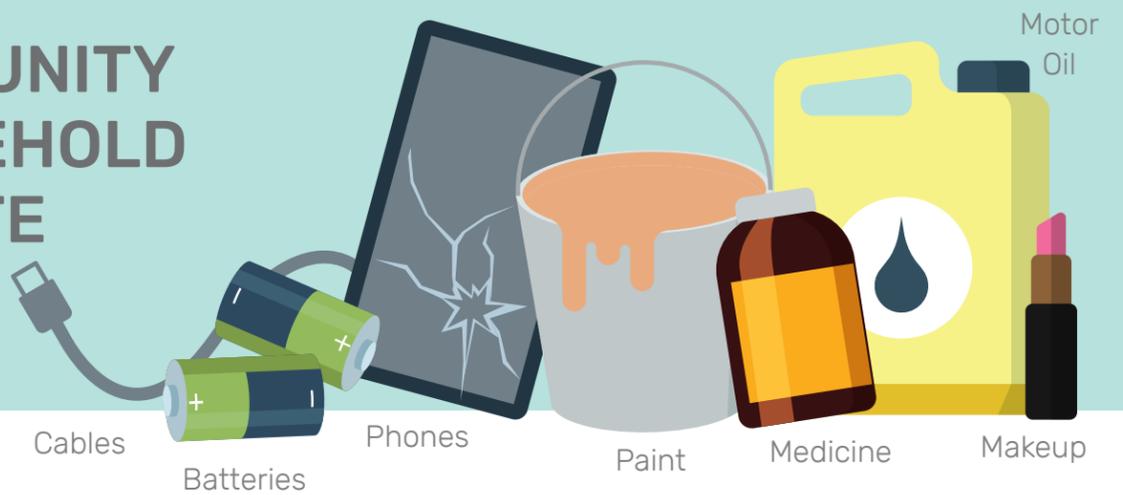
¡Si necesita atención médica de emergencia, llame al 911 inmediatamente!

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**

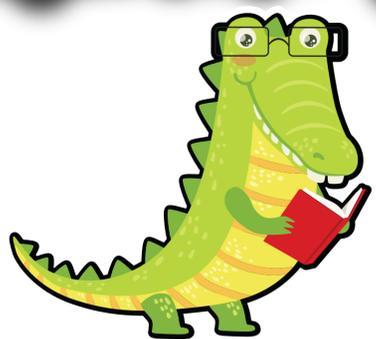
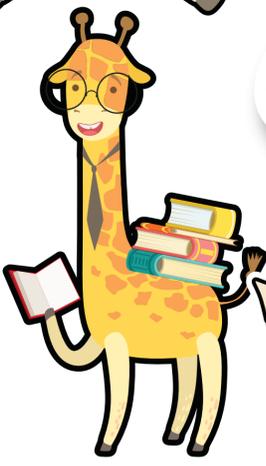




1000

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





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

