

City of Highland *Weekly Report*



July 29, 2022

Volunteer Services

NATIONAL NIGHT OUT & RESOURCE FAIR

CANCELLED

This year's National Night Out event has unfortunately been canceled. We sincerely apologize for any inconvenience this may cause. We thank you for your understanding and continued support of the community.

Please contact Volunteer Services for any questions at (909) 864-6861, extension 203.

The goal of National Night Out is to enhance 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.

HIGHLAND IMPROVEMENT TEAM

Our Highland Improvement Team (HIT) cleanup project for the month of August is canceled. Cleanups will resume in September. We apologize for any inconvenience this may cause.

We look forward to seeing you next month!

Please join us for the next scheduled cleanup on Saturday, September 10, 2022. The September cleanup will take place from 8:00 a.m. to 12:00 p.m., with registration beginning at 7:30 a.m. at Highland City Hall, 27215 Base Line.



Please contact Volunteer Services to sign-up and for more information at (909) 864-6861, extension 203.

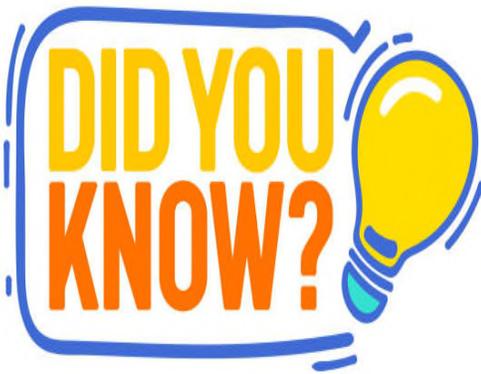
Public Services

The San Bernardino County Fire Departments Household Hazardous Waste Program and the City of Highland's Public Services Division hosted a free Used Oil Filter Exchange and Recycling Event at AutoZone on Saturday, July 23, 2022.

We are proud to announce that 43 DIY mechanics (28 of which were Highland residents and 4 were first-time participants) took advantage of this event.

Thank you
for making the event a
grand success

For those of you who missed the event, you may take your used oil and filters for proper disposal to the San Bernardino County Fire Departments Household Hazardous Waste Collection Facility located at 2824 East "W" Street San Bernardino, CA. They are open Monday - Friday from 9:00 a.m. to 4:00 p.m.



Oil filters are composed of steel and are 100% recyclable; if all the filters sold each year in the U.S. were recycled, 160,000 tons of steel would be recovered. Recycling one ton of filters yields 1,700 pounds of steel, 30 gallons of used oil and saves 10 cubic yards of landfill space. Used oil filters can be recycled into new steel products, such as steel cans, cars, appliances and construction materials (for example, rebar).

We would like to thank those who participated in helping keep Highland a cleaner and beautiful community! For more information or to get a list of other items you can dispose of at the Household Hazardous Waste (HHW) collection facility please call (909) 384-5401.





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 at (909) 864-8732, extension 271.

Stormwater

When it rains, stormwater can pick up pollution and litter in the streets and wash these contaminants into storm drains. Pollution from stormwater remains untreated as it spreads throughout our community. Please make sure all waste goes in to the proper container and keep waste container lids closed when not in use. Remember, Only Rain Down the Drain.



Public Services

Cutting Down on Lawn ~Alternatives to Grass



Lawns are green in color only, and the odds are good that you're sick of mowing. You could save time by ignoring lawncare myths, and there are ways to reduce the water and energy you waste on your lawn, but even the most eco-friendly lawn is still a lawn.

Here are some tips for reducing the amount of the lawn in your yard even if you're not an avid gardener.

Shrubbery — There's a good chance that you have at least a few trees and bushes planted around the edges of your lawn. Add to the existing woody plants in your yard to create deep shrub borders. Plant native species and mulch them all the way to the drip line to reduce the need for water and protect trunks from lawnmower damage. Once established, native shrub borders can survive without supplemental water most years, and need pruning no more than once a year.

Berry Beds — Fill a raised bed that gets plenty of sun with blackberries and you'll be rewarded with fresh fruit. Raised beds create a sense of structure in the landscape that looks tidier than shrub borders. They also keep cane berries like raspberry and blackberry from spreading.



Filled with flowers or vegetables, raised beds can be just as much work as lawn. But filled with berries, all they need is sun and water and you'll be rewarded with fresh fruit. But don't be surprised if you get inspired to take up beekeeping to keep those harvests going.



Unmown Grasses — Ornamental grasses like this pink muhly require minimal care. Lawn grass is not the only kind of grass, in fact, it is one of the least interesting or useful forms.

Ornamental grasses can be used to create sophisticated planting designs or to recreate native prairie. If you choose native species, you can free yourself from both watering and mowing, so you'll have plenty of free time to sit back and enjoy the butterflies and other wildlife attracted to your certified wildlife

habitat. But research horticultural varieties before planting — many ornamental grasses are invasive species. If a grass doesn't belong in your region, don't plant it.

Ground Covers — Sempervivum, a succulent commonly known as "hens and chicks" is just one of many resilient ground covers. There are probably areas of your lawn that don't get very much — if any — foot traffic. For those areas, other ground covers may be more appropriate than grass, especially in shady areas. As with grasses, many ground covers can be invasive.

Consider native plants like kinnikinnick or wild ginger — find out what grows in your region. Few ground covers are as hardy as lawn grass. But clover, herbs like creeping thyme, and even moss can tolerate some foot traffic. The benefit, though, is groundcover that requires relatively little water compared to the traditional lawn.



Unplanted Areas — Although permeable pavers can reduce the amount of grass you have to deal with while still allowing rainwater to drain through the gaps, an entirely paved yard is probably too much. Gravel, on the other hand, can be a lawn substitute without making your yard look built over. Combining large areas of gravel broken up with a few drought-tolerant plants is best suited to dry climates and desert landscapes.



There's no need to rip out your entire lawn if you don't want to. But you can save time, energy, and water by reducing the area of your lawn. Try one or more of these strategies to chip away at the edges of your lawn. You might find yourself with a prettier yard and more time to enjoy it.

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

Information courtesy of www.earth911.com



Public Works

During the period of July 18, 2022 through July 22, 2022, graffiti was made known to Public Works staff by the following means and removed:



Routine observation by Public Works: 26672 3rd Street, Highland Memorial Park, Base Line & Mira Vista Avenue, 9th Street & Golondrina Drive, 26030 Base Line, Base Line & McKinley Avenue, Base Line & Guthrie Street, Palm Avenue bridge, 5th Street bridge, Highland Avenue & Robinson Road, 3rd Street & Central Avenue

Hotline: City Creek Housing



Volunteer Services

CORONAVIRUS RECOVERY FUND FOR SMALL BUSINESSES

COVID-19 Resources for Small Business

Don't Wait Any Longer... Apply Now while funding is Available

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.



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.

Public Services

Get Your FREE Compost
on August 27, 2022



Highland residents this is an opportunity for you to tackle those lawn and garden projects. The City of Highland Public Services Division and Burrtec Waste Industries, Inc. are teaming up to host a one day compost give-a-way. Join us on **August 27, 2022** from **8:00 a.m. to 12:00 p.m. (Noon)** at Highland City Hall, 27215 Base Line, to pick up your FREE compost.

Here is how it works: Open to Highland Residents ONLY (proof of residency will be required). **This is a self-service program, therefore participants must provide their own shovels and assistance to load their vehicles.**

- Available on a first come, first serve basis.
- A tarp is recommended for open bed trucks or trailers.
- The City of Highland reserves the right to end the event at any time due to product availability.
- Compost can be used as a soil additive in gardens and flower beds to give plants additional nutrients and acts as a natural fertilizer. Compost helps grow stronger, healthier flowers, plants and vegetables.

For more information on this event please call the Public Services Division 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. *Food 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



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

Volunteer Services

Critically Low Blood Supply Threatens Patient Care ~ LifeStream is Urging All Who Are Able to Donate Immediately

SAN BERNARDINO, CALIFORNIA – Officials at LifeStream Blood Bank, which provides blood products and services to more than 80 Southern California hospitals, are desperately urging residents to help the community battle back against a severe blood shortage that threatens local patients.

“Area hospitals do not have enough blood on their shelves to treat patients in need,” said Dr. Rick Axelrod, LifeStream’s president/CEO and medical director. “All blood types are desperately needed. Our type O supply has taken a considerable hit, reaching historic low levels. This is extremely alarming, especially in the summer months, which is already a challenging time for blood collection. We are making an immediate call to action. Hospitals will cancel needed surgeries for adults and children if collections continue to decline.”



To fulfill patient need, LifeStream must collect at least 500 blood donations daily. LifeStream has fixed-site donor centers in San Bernardino, Riverside, Ontario, Victorville, Murrieta, La Quinta, Rancho Mirage, Placentia, and Hemet and conducts mobile drives throughout its service area.

“This critical shortage puts patient care at risk, and we ask our community to stand with those patients and their loved ones by ‘rolling up a sleeve’ and sharing their most precious gift,” continued Dr. Axelrod. “Just one pint of blood can save three lives. By donating, you can bring hope to many local families and their loved ones. Your donation will save a life.”

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



2022 Blood Drive Schedule:
Monday, September 26
Monday, November 28

You can help Highland increase blood donations...schedule your appointment today! 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>

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



Step 1

Step 2

Step 3

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



#SBCFreeCanister

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

How to Safely Dispose Sharps

**EFFECTIVE
JULY 1, 2021**



SAN BERNARDINO COUNTY RESIDENTS can safely dispose of their used SHARPS in a 2 gallon or smaller, heavy-duty, plastic container as an alternative to plastic bio-hazard sharps containers at participating Household Hazardous Waste Collection facilities.

Containers should only contain needles, lancets, and syringes with a needle attached that must be completely spent (no liquid remaining, including EpiPens).

HOW TO CREATE YOUR OWN CONTAINER:

- Place sharps into an Approved Sharps Container or 2 gallon or smaller heavy-duty plastic container
- Do not use food product containers
- Must have a screw-top and puncture resistant lid
- Made of thick plastic
- 2 gallons or less
- Leak-resistant
- Remain upright when standing
- Place printed Bio-Hazard Label on both sides
- When $\frac{3}{4}$ filled, secure lid, and tape the container closed

DO NOT USE FOR SHARPS:



Print **FREE** labels by visiting
Greensb.net

Preprinted labels are available at
HHW collection facilities



For more information and locations, call 1-800-Oily Cat (645-9228) or visit **Greensb.net**

SAN BERNARDINO COUNTY FIRE – Household Hazardous Waste

Cómo desechar las agujas de forma segura

**EFFECTIVO EL
1 DE JULIO 2021**



LOS RESIDENTES DEL CONDADO DE SAN BERNARDINO pueden desechar de manera segura sus agujas usadas en un recipiente de plástico resistente de 2 galones, o más pequeño como alternativa a los recipientes de plástico para objetos punzantes con riesgo biológico en los Centros participantes de Colección para desechos peligrosos del hogar.

Los recipientes solo deben contener agujas, lancetas y jeringas con una aguja adjunta que debe gastarse por completo (Sin residuo líquido incluyendo los EpiPens).

COMO CREAR SU PROPIO CONTENEDOR:

- Coloque las agujas en un recipiente para objetos punzantes aprobado o en un recipiente de plástico resistente de 2 galones o más pequeño
- No utilice envases de productos para alimentos
- Debe tener una tapa de rosca y resistente a los pinchazos
- Hecho de plástico grueso
- 2 galones o menos
- Resistente a fugas
- Permanezca erguido cuando esté de pie
- Coloque la etiqueta impresa de peligro biológico en ambos lados
- Cuando esté lleno 3/4, cierre la tapa y pegue el recipiente con cinta adhesiva para mantener el contenedor cerrado

NO UTILIZAR PARA AGUJAS :



Para imprimir etiquetas
GRATIS visite Greensb.net

Las etiquetas preimpresas están
disponibles en los Centros de Colección
para desechos peligrosos del hogar



Para obtener más información y ubicaciones,
llame al 1-800-Oily Cat (645-9228) o visite Greensb.net

SAN BERNARDINO COUNTY FIRE – Household Hazardous Waste



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

August 2, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers

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

August 27, 2022

8am to 12pm — Free Compost at Highland City Hall, 27215 Base Line

September 6, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers

September 13, 2022

6pm — City Council Meeting, Donahue Council Chambers

September 20, 2022

6pm — Planning Commission Meeting, Donahue Council Chambers

September 26, 2022

12pm to 5pm—Blood Drive at Highland Police Station, 26985 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.



MEDIA CONTACT

Denise Campos
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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.

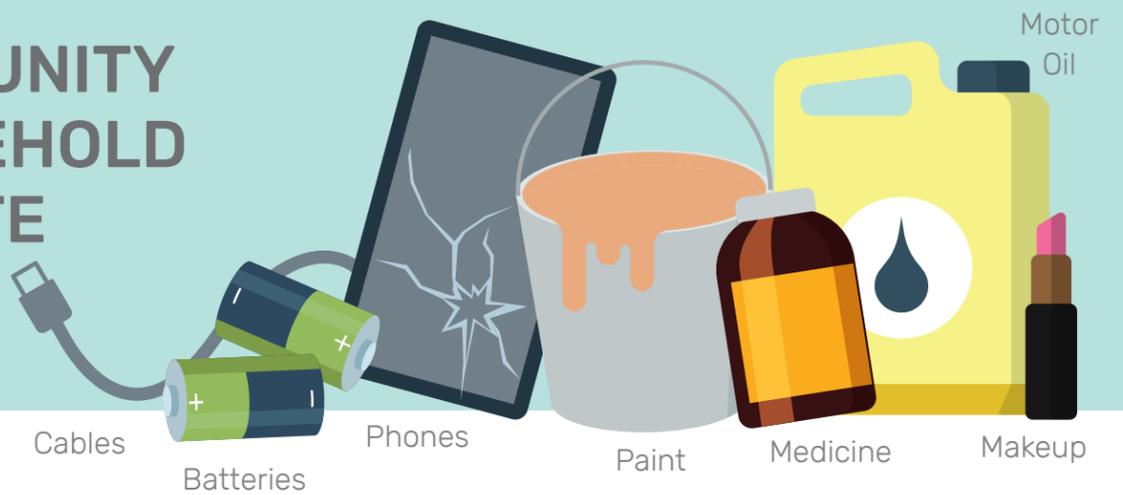
¡Si necesita atención médica de emergencia, llame al 911 inmediatamente!

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**





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



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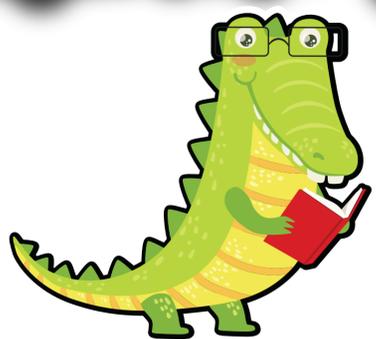
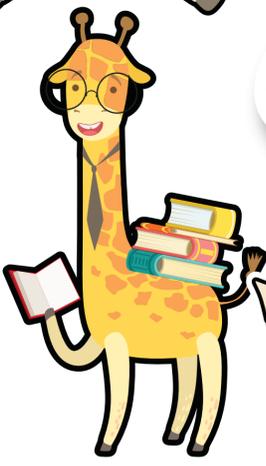




1000

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