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For Immediate Release – July 18, 2019

City Opens Cooling Centers

In advance of the forecasted high temperatures cooling centers will be open at the following locations:

Friday July 19, 2019	Saturday July 20, 2019	Sunday July 21, 2019
<ul style="list-style-type: none">• Forbes Library 20 West St 9am – 5pm• Lilly Library 19 Meadow St 10am – 5pm• Senior Center Workshop Room 67 Conz St 9am – 5pm• Police Department Community Room 29 Center St 10am – 5pm	<ul style="list-style-type: none">• Forbes Library 20 West St 9am – 5pm• Lilly Library 19 Meadow St 10am – 5pm• Police Department Community Room 29 Center St 10am – 5pm	<ul style="list-style-type: none">• Lilly Library 19 Meadow St 1pm – 5pm• Police Department Community Room 29 Center St 10am – 5pm

Cooling centers are open to all members of the public and anyone in need of a cool place during the heat wave is encouraged to visit. For those who do not wish to visit the Cooling Center, please remember that there are other public air-conditioned places in the area where you can get relief (libraries, theaters, shopping centers, etc.) These types of facilities offer refuge during the warmest times of the day.

Here are some tips to follow during hot, humid weather:

- Slow down, avoid strenuous activity, and drink plenty of water regularly/often, even if you do not feel thirsty
- Stay indoors as much as possible
- If you do not have air-conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate sweat, which cools your body
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers.
- Wear lightweight, loose-fitting, light colored clothing
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic rate.
- Never leave children or pets alone in a closed vehicle
- Check on family, friends and neighbors

Heat stress is a serious condition that poses a health threat to many people, particularly the elderly and youth. Heat stress places a strain on the body, and if the strain becomes too great, it can cause serious and permanent damage, even death. Preventive measures should be taken in order to avoid heat stress. For additional information on warning signs and symptoms of heat related illness visit:
<https://www.cdc.gov/disasters/extremeheat/warning.html>

For additional information on the Cooling Centers, or if you need assistance due to the heat, please contact Northampton Public Safety at 413-587-1100.