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City Opening Cooling Center at the Northampton Senior Center

NORTHAMPTON - In advance of the forecasted high temperatures early next week, a Cooling Center will be open at the Northampton Senior Center located at 67 Conz St. from 8:30am to 4:30 PM on **Monday, June 28, Tuesday, June 29, and Wednesday, June 30.**

The city is following CDC guidance for operating a cooling center during the COVID-19 pandemic to safeguard all cooling center users and staff. Visitors will need to wear masks on entry, must sign a COVID-19 health screening form, and provide contact information. Masks and hand sanitizer will be provided for those that need them. Visitors will be socially distanced from each other once inside the facility. The Senior Center will be disinfected carefully by staff throughout the day and overnight.

The cooling center is open to all members of the public and anyone in need of a cool place during the heatwave is encouraged to visit, however if you are sick, please stay home and call your primary care physician to assist you with your medical needs.

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 Center, or if you need assistance due to the heat, please contact **Northampton Public Safety at 413-587-1100.**