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City of Northampton

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City Opens Cooling Centers

For Immediate Release – July 22, 2022

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

Friday, July 22, 2022	Saturday, July 23, 2022	Sunday, July 24, 2022
<ul style="list-style-type: none">● Forbes Library, 20 West St. 10am - 6pm● Lilly Library, 19 Meadow St. 10am - 5pm● Senior Center, 67 Conz St. 8am - 4pm	<ul style="list-style-type: none">● Forbes Library, 20 West St. 10am - 6pm● Lilly Library, 19 Meadow St. 10am - 5pm	<ul style="list-style-type: none">● Northampton Police Department Community Room, 29 Center St. 11am - 6pm● Lilly Library, 19 Meadow St. 1pm - 5pm

Cooling centers are open to all members of the public and anyone in need of a cool place during the heatwave is encouraged to visit. For those who do not wish to visit a 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 older adults 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 Cooling Centers, or if you need assistance due to the heat, please contact Northampton Public Safety at 413-587-1100.