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City Opens Cooling Centers

For Immediate Release – June 17, 2024

NORTHAMPTON - The City of Northampton is aware of the upcoming extreme heat slated for our area over the next several days. The National Weather Service has issued an "Excessive Heat Watch" for Eastern Hampshire County from Tuesday afternoon to Friday evening. Heat indexes may reach up to 106 degrees Fahrenheit. In advance of the forecasted high temperatures, cooling centers will be open at the following locations:

Tuesday, June 18	Wednesday, June 19	Thursday, June 20	Friday, June 21
<ul style="list-style-type: none">• Division of Community Care Community Room, Round House Plaza, 1 Roundhouse Plaza 8:30am - 4pm• Forbes Library, 20 West St. 10am - 8pm• Manna Community Center 48 Elm St. 9am - 3pm• Northampton Police Station Lobby, 24/7	<ul style="list-style-type: none">• Manna Community Center 48 Elm St. 9am - 7pm• Northampton Police Station Lobby, 24/7	<ul style="list-style-type: none">• Division of Community Care Community Room Round House Plaza, 1 Roundhouse Plaza 8:30am - 4pm• Forbes Library, 20 West St. 10am - 8pm• Lilly Library, 19 Meadow St. 10am - 8pm• Manna Community Center 48 Elm St. 9am - 3pm• Northampton Police Station Lobby, 24/7	<ul style="list-style-type: none">• Division of Community Care Community Room, Round House Plaza, 1 Roundhouse Plaza 8:30am - 4pm• Forbes Library, 20 West St. 10am - 8pm• Northampton Police Station Lobby, 24/7

Cooling centers are open to everyone, and anyone needing 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 (libraries, theaters, shopping centers, etc.) where you can get relief. These types of facilities offer refuge during the warmest times of the day.

Preparing for extreme heat and high humidity is important to avoid heat-related illness. 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

If you cannot limit your physical exertion during the hottest part of the day, be cautious and follow the recommendations provided under guidance for Heat Stress in the Workplace (NIOSH) <https://www.cdc.gov/niosh/topics/heatstress/default.html>

Heat stress is a severe condition that poses a health threat to many people, particularly older adults and youth. Heat stress strains the body, and if it becomes too great, it can cause severe and permanent damage, even death. Preventive measures should be taken 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.