



CITY of NORTHAMPTON
Department of Health and Human Services

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Public Health
 Prevent. Promote. Protect.
 Northampton Department of
 Health & Human Services

FOR IMMEDIATE RELEASE - July 29, 2025

**Northampton Department of Health & Human Services
 Issues Public Health Advisory Due to High Temperatures and
 Poor Air Quality**

NORTHAMPTON - With dangerously high heat and humidity expected this week, the Northampton Department of Health and Human Services (DHHS) is urging residents to take precautions and check in on neighbors, especially those who may be more vulnerable.

In addition to high heat and humidity, shifting winds are carrying smoke from the Canadian wildfires into our region, raising the Air Quality Index (AQI) to unhealthy levels. The AQI measures the concentration of fine particles in the air that are able to travel deep into the lungs and cause serious health problems. Some people are more vulnerable to the health effects of smoke exposure, including those who are immunocompromised, have heart or respiratory conditions, are older adults, people who are pregnant, are infants and children (especially young children), or individuals facing social challenges such as lack of transportation, safe housing, or access to health care. The DHHS Public Health Nurses encourage residents to monitor the Air Quality Index at www.AirNow.gov. On days when air quality is poor, residents should limit or reschedule any outdoor activities, keep windows and doors closed, and consider using air purifiers if available.

To help residents stay cool and safe, the following public locations will be available as cooling spaces.

Tuesday, July 29, 2025	Wednesday, July 30, 2025
DHHS Division of Community Care - Community Center 1 Roundhouse Plaza , Northampton 8:30am - 7:30pm	DHHS Division of Community Care - Community Center 1 Roundhouse Plaza , Northampton 8:30am - 7:30pm
Forbes Library 20 West St., Northampton 10am - 8pm	Forbes Library 20 West St., Northampton 10am - 8pm
Lilly Library 19 Meadow St. , Florence 10am - 5pm	Lilly Library 19 Meadow St. , Florence <i>Closed Wednesdays</i>

Manna 48 Elm St, Northampton 10am - 3pm	Manna 48 Elm St., Northampton 10am - 3pm
Northampton Senior Center 67 Conz St. 8am - 4pm	Northampton Senior Center 67 Conz St. 8am - 4pm
CSO Shelter 29 Industrial St. East, Northampton 8am - 4pm	CSO Shelter 29 Industrial St. East, Northampton 8am - 4pm
Northampton Police Station lobby (24/7)	Northampton Police Station lobby (24/7)
<i>Pulaski Park, Northampton</i> <i>Water bottle fill station / fountain</i> (24/7)	<i>Pulaski Park, Northampton</i> <i>Water bottle fill station / fountain</i> (24/7)

Community members outside of Northampton can visit [413Cares.com/coolingcenters](https://www.413Cares.com/coolingcenters) for an up-to-date directory of cooling centers across western Massachusetts. Cooling centers are open to the public and available to anyone in need of a cool space during the heat wave. Preventive measures should be taken to avoid heat stress, a serious condition that poses a health threat to many people, especially older adults and youth. Here are some tips to follow during hot, humid weather:

- Slow down, avoid strenuous activity, and drink plenty of water regularly, even if you do not feel thirsty. Remember that hydration can also come from sources such as fruits, popsicles, etc.
- Stay indoors as much as possible, and check on family, friends, and neighbors
- 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
- Never leave children or pets alone in a closed vehicle

An up-to-date list of local cooling centers and water access points will be posted on the [Northampton DHHS Facebook page](#) and [website](#).

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