

PRESS RELEASE

Contact:

**Mayor Daniel T. Drew
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**FOR IMMEDIATE RELEASE
July 21, 2016**

CITY TO OPEN COOLING CENTERS AND HYDRANTS

Mayor Dan Drew has announced that the city will be opening several cooling centers because of the high heat and humidity that is expected during the next five days. Residents who are in need of respite from the heat are encouraged to seek air conditioned comfort in the Municipal Building Council Chamber, 245 deKoven Drive, which is open Monday through Friday from 8:00 a.m. – 7:00 p.m., or in the lobby of the Middletown Police Department, 222 Main Street, which will be open 24 hours a day. The Russell Library, 123 Broad Street, will also be available for cooling during normal business hours which are as follows: Monday and Friday 10:00 a.m. – 6:00 p.m., Tuesday and Thursday 10:00 a.m. – 8:00 p.m., Wednesday 1:00 p.m. – 8:00 p.m. and Saturday 10:00 a.m. – 2:00 p.m. Elderly persons are advised to utilize the Senior Center, 61 Durant Terrace, Monday through Friday from 8:30 a.m. – 4:30 p.m.

Transportation to the cooling center at City Hall can be arranged by calling Middletown Area Transit (MAT) at 860-346-0212 (ext. 2) from 1:00 p.m. until 6:15 p.m. each day.

Middletown Fire, South Fire District and Westfield Fire District will be opening fire hydrants starting on July 21, 2016, at the following locations and during the following times:

- The Highlands Crescent Drive bus stop from 12 p.m. – 4 p.m.
- Maplewood Terrace from 2 p.m. – 5 p.m.
- Summer Hill Road and Woodbury Circle from 2 p.m. – 5 p.m.
- MacDonough School from 12 p.m. – 3 p.m. and 6 p.m. – 8 p.m.
- Santangelo Circle from 12 p.m. – 3 p.m.
- Daddario Road from 6 p.m. – 8 p.m.

City health officials state that although anyone at any time can suffer a heat related illness, some people are at greater risk than others including: infants and young children, people aged 65 or older, those with a mental illness, and those that are physically ill with heart disease and/or high blood pressure.

The combination of high temperatures and humidity can cause heat related illnesses such as hyperthermia and heat exhaustion. The most serious form of hyperthermia is heat stroke which is characterized by a body temperature of 105 degrees. Symptoms may include disorientation, delirium, and coma. Onset is rapid and progression to becoming life-threatening may only take a few minutes. Anyone in this condition should seek immediate medical attention. Heat exhaustion is a milder form of hyperthermia and may occur after several days of exposure to heat combined with inadequate fluid intake. Symptoms may include dizziness, weakness, and fatigue. The best defense against heat related illness is prevention. Drink more fluids and do not wait until you are thirsty. It is also advised that people wear light weight, loose fitting clothing. Stay indoors if possible in an air conditioned place. Never leave anyone, especially children and/or pets in a closed, parked vehicle.

The City Health Department offered the following advice to cope with the hot weather:

- Avoid strenuous activity when outdoors
- Wear light weight, loose fitting, and light-colored clothing
- Drink plenty of water often even if you don't feel thirsty
- Limit alcohol intake because it can dehydrate the body
- Stay indoors as much as possible. If you must be outdoors, especially when working, take frequent breaks and stay well hydrated
- If you don't have air conditioning, use a fan to help stay cool. If you don't have air conditioning or a fan, stay on the lowest floor level if possible
- Never leave children or pets unattended in a closed vehicle
- Don't leave pets outside for an extended period, and be sure they have plenty of water
- Check in regularly on family, friends and neighbors

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