



CITY OF NORTHAMPTON

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FOR IMMEDIATE RELEASE - July 15, 2013

Cooling Center Open from 8:30 am till 4:00 pm
July 15, July 16, and July 17 at the
Northampton Senior Center, 67 Conz Street

Mayor David Narkewicz and the City's Public Health Director, Merridith O'Leary announced that the City of Northampton will be opening a cooling center on July 15 through July 17 from 8:30 am to 4:00pm at the Northampton Senior Center located at 67 Conz Street. The cooling center is open to all members of the public and The City of Northampton encourages anyone who is in need of a cool place to be during this heat wave to go to the senior center where there is air conditioning and water available. We also encourage everyone to reach out to elderly or disabled neighbors, friends and relatives to make sure they are safe and comfortable during this time period.

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. Certain medical conditions and prescription drugs can make you more vulnerable to heat stress. Those who have high blood pressure, diabetes, a weak or damaged heart, infection or fever, diarrhea, problems with circulation, skin diseases, sunburn, those who are overweight, or who have had a previous stroke are at a greater risk of falling victim to heat stress. In addition, those who take medication for sleeplessness, high blood pressure, nervousness, depression, or poor circulation are also more susceptible to heat stress. If you fall into either of these categories, consult your doctor or pharmacist for advice. Loss of appetite, lack of energy, fainting, and cramps are signs that you are losing the battle against heat. Take the appropriate steps to protect yourself.

What you should do if the weather is extremely hot:

- Stay indoors as much as possible and limit exposure to the sun.
- Stay on the lowest floor out of the sunshine if air conditioning is not available.
- Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities.
- Eat well-balanced, light, and regular meals. Avoid using salt unless directed to do so by a physician.
- Drink plenty of water. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.

- Limit intake of alcoholic beverages.
- Dress in loose-fitting, lightweight, and light-colored clothes that cover as much as possible.
- Protect face and head by wearing a wide-brimmed hat.
- Never leave children or pets alone in closed vehicles.
- Avoid strenuous work during the warmest part of the day.
- Keep your four legged friends safely and comfortably at home during the extreme heat. Car rides can quickly turn deadly as the inside of a car can reach temperatures in excess of 120 degrees in several minutes.

For more information on the cooling center, updates and tips on how to stay safe, please call the Health Department at 413-587-1213 or visit www.northamptonma.gov/healthdept/

For further information contact:

The Mayor's Office 413-587-1249 or the Health Department 413-587-1214