

CITY COOLING CENTERS

The Main Library

300 Elm Street
West Haven, CT, 06516
203-937-4233
Hours: 9:30AM-8:00PM
Mon-Thurs
9:30AM-5:00PM Fri-Sat

Ora Mason Branch Library

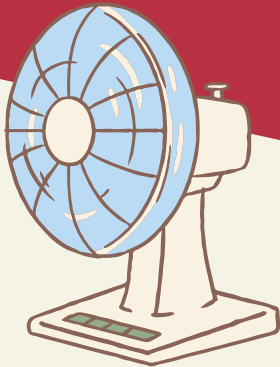
260 Benham Hill Road
West Haven, CT, 06516
203-933-9381
Hours: 12PM-8:00PM Monday
9:30AM-5:00PM Tues-Fri

Robert A. Johnson Community Center

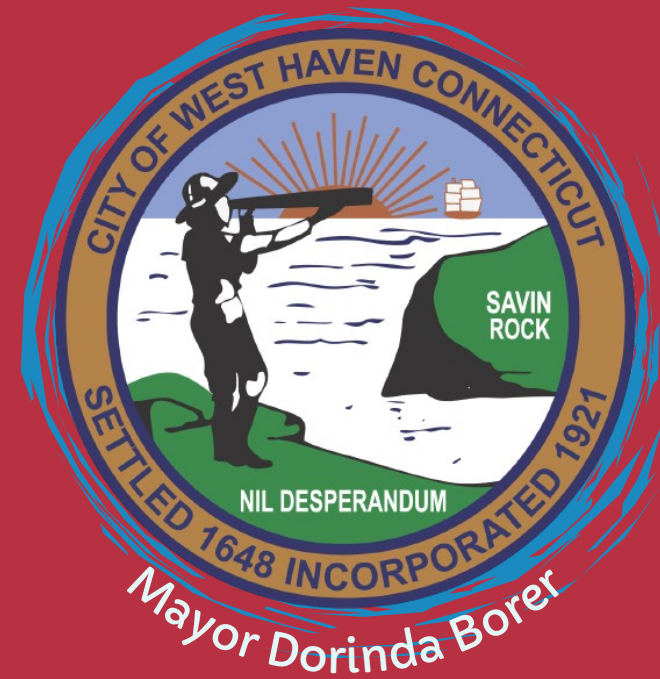
201 Noble Street
West Haven, CT, 06516
203-937-3507
Hours: 9AM-4PM Mon-Fri

Sunday & Holiday's

689 Campbell Ave
West Haven, CT 06516
Hours: 11 AM - 7 PM.



WAYS TO BEAT THE HEAT



West Haven's Guide
to Staying Cool

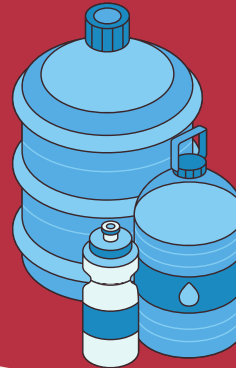
TAKE CARE OF YOURSELF AND THE MOST VULNERABLE

- Check on your neighbors, especially the elderly, young children, and those with respiratory illnesses to ensure they remain hydrated and have adequate cooling in their homes.
- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to changes in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially those with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

STAY HYDRATED

Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.



STAY COOL: KEEP YOUR BODY TEMPERATURE COOL TO AVOID HEAT-RELATED ILLNESS

- Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.
- Find an air-conditioned shelter. (Call 2-1-1 for a list of cooling centers). Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk several times a day.
- Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.

