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Public Health
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FOR IMMEDIATE RELEASE: Cooling Center to Open in City of Easthampton

The National Weather Service (NWS) is forecasting a potential period of prolonged oppressive heat on Wednesday, August 11th to Friday August 13th throughout most of the Commonwealth. During this three-day period, temperature highs will be 90 to 95 degrees with Heat index (Apparent Temperature) values between 98 and 104°F. The heatwave is expected to break sometime this weekend.

Due to the forecasted high temperatures, a cooling center will be open at the **Easthampton Senior Center** located at 19 Union St. from 8:00 a.m. to 4:00 p.m. on **Wednesday, August 11th, Thursday, August 12th, and Friday, August 13th, 2021.**

The City is following CDC guidance for operating a cooling center during the COVID-19 pandemic to safeguard all cooling center users and staff. Visitors will need to wear masks on entry, sign a COVID-19 health screening form, and provide contact information. Masks and hand sanitizer will be provided for those that need them. Visitors will be socially distanced from each other once inside the facility. The Senior Center will be disinfected carefully by staff throughout the day.

The cooling center is open to all members of the public and anyone in need of a cool place during the heatwave is encouraged to visit. However, if you are sick, please stay home and call your primary care physician to assist you with your medical needs.

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

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. 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 the Cooling Center, or if you need assistance due to the heat, please contact Easthampton Public Safety at 413-527-1212 or the Health Department at 413-529-1430.