



CITY OF EASTHAMPTON • MASSACHUSETTS
OFFICE OF THE MAYOR
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IMMEDIATE RELEASE

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Heat Wave- Easthampton Cooling Area

Easthampton, MA- The National Weather Service has outlined some oppressive heat and humidity for this week. Extreme heat can be dangerous and even life-threatening if proper precautions are not taken. To ensure everyone has access to a cool area during these times, the City of Easthampton will be establishing a cooling area at the Easthampton Council on Aging, located at 19 Union Street. The cooling area will be available to the public on Wednesday, July 20th, and Thursday, July 21st, between the hours of 10 AM-3 PM. Space is available inside the main lobby to accommodate individuals needing refuge from the environmental elements. Face coverings will be available for individuals who wish to have one. The cooling area will have drinking water for those using the facility.

Additional information to follow during extreme heat situations is as follows:

- Never leave children or pets alone in a closed vehicle. Even with the windows cracked open, interior temperatures can rise almost 20°F within 10 minutes.
- Slow down and avoid strenuous activity.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors reflect heat and sunlight and help maintain normal body temperature.
- Drink plenty of water — even if you are not thirsty. Avoid alcoholic beverages and liquids high in sugar or caffeine. If your doctor generally limits the amount of fluid you drink, ask how much you should drink during hot weather.
- Eat well-balanced, light, regular meals.
- Stay indoors as much as possible and limit exposure to the sun. Do not leave pets outside for extended periods of time.

- If you must be outdoors, limit your outdoor activity to the morning and evening hours. Try to rest often in shady areas so your body temperature will have a chance to recover. Use sunscreen with a high SPF and wear a wide-brimmed hat.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Use fans to stay cool and avoid using your stove and oven. Consider spending time in air-conditioned public spaces, such as schools, libraries, theaters, and other community facilities.
- On hot days, more people cool off around bodies of water. Playing in and around water can increase the risk of drowning.
- Know the symptoms of and watch out for heat-related illnesses. Call 9-1-1 to report emergencies.
- Be a good neighbor. Check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions, those who may need additional assistance, and those who may not have air conditioning.

The City of Easthampton encourages everyone to stay safe and to please use these resources if needed during these times. Thank you.

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