



For Immediate Release

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Hot Weather Advisory Cooling Centers Available in East Hartford

East Hartford, CT—The National Weather Service predicts dangerous heat anticipated over the weekend with temperatures reaching over 100 degrees. Due to the hot weather and extreme humidity, the Town of East Hartford will have designated cooling centers open for residents in need of some relief from the heat.

South End Senior Center*	70 Canterbury Street	8:30 am to 4:30 pm (Monday- Friday)
Raymond Library*	840 Main Street	9:00 am to 8:00 pm (Monday-Thursday)
		9:00 am to 5:00 pm (Friday & Saturday)
Public Safety Complex *	31 School Street (Police Lobby)	24 Hours (All Days)

**Note: No special staff or services will be offered at any of these cooling locations.*

Additionally, residents are encouraged to drink plenty of water throughout these hot days, wear lightweight and loose fitting clothing and limit time outdoors. Residents should also remember to regularly check on infants and children as well as elderly or physically ill, because they are at a greater risk for heat-related illnesses. Those individuals should be very cautious about sun exposure.

Among various symptoms of heat-related illnesses are headache, dizziness, fatigue, anxiety, nausea, vomiting, low pulse rate and others. Additional symptoms may include, but are not limited to, cold, pale and clammy skin or hot, flushed dry skin. Those who don't have air conditioning at their home are advised to choose various indoor places to go for relief from the heat, like malls, theaters or designated cooling centers in town.

If any person experiences heat stroke or heat exhaustion, seek medical help immediately by calling 911.

All of our outdoor pools will be open to help our residents manage the hot weather. The admission to all outdoor pools in the Town of East Hartford is completely free to residents. However, non-residents will be charged a \$5-fee per person.

The open outdoor pools include:

- Terry, at Hockanum Park
- Martin, at Martin Park
- Drennan, at McAuliffe Park
- Lord, at Gorman Park
- Goldstar, at Goodwin Park.