

Mayor Sebastian Giuliano
CITY OF MIDDLETOWN



July 6, 2010

PRESS RELEASE

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FOR IMMEDIATE RELEASE

CITY TO OPEN COOLING CENTER

Middletown - Mayor Sebastian Giuliano announced that the City of Middletown will be opening a cooling center and taking other measures to help residents cope with the ongoing heat wave.

The cooling center will be at Middletown High School, 200 LaRosa Lane (formerly Wilderman's Way) for those who require relief from the heat. It will be open until 9 P.M. today and from 9 A.M. – 9 P.M. Wednesday through Friday. Only water will be provided. Domestic animals will be allowed. Dogs must be on a leash and cats must be in carriers. Updated vaccination records are requested.

Transportation may be provided to the cooling center. Arrangements can be made by calling Middletown Area Transit (MAT) at 860-346-0212 (Ext.

7) until 6 P.M. each day. After those hours, contact Middletown Emergency Management at 860-343-8002.

The City of Middletown will also be opening fire hydrant sprinklers at designated times and locations as follows:

- The Highlands Crescent Drive bus stop from 12 P.M. – 4 P.M.
- Maplewood Terrace from 2 P.M. – 5 P.M.
- Summer Hill Road and Woodbury Circle from 2 P.M. – 5 P.M.
- Macdonough School from 12 P.M. – 3 P.M. and 6 P.M. – 8 P.M.
- Snow School from 12 P.M. – 3 P.M. and 6 P.M. – 8 P.M.

City health officials state that although anyone at any time can suffer a heat related illness, some people are at greater risk than others including: infants and young children, people aged 65 or older, those with a mental illness, and those that are physically ill with heart disease and/or high blood pressure.

The combination of high temperatures and humidity can cause heat related illnesses such as hyperthermia and heat exhaustion. The most serious form of hyperthermia is heat stroke which is characterized by a body temperature of 105 degrees. Symptoms may include disorientation, delirium, and coma. Onset is rapid and progression to becoming life-

threatening may only take a few minutes. Anyone in this condition should seek immediate medical attention. Heat exhaustion is a milder form of hyperthermia and may occur after several day of exposure to heat combined with inadequate fluid intake. Symptoms may include dizziness, weakness, and fatigue.

The best defense against heat related illness is prevention. Drink more fluids and do not wait until you are thirsty and wear light weight, loose fitting clothing. Stay indoors if possible in an air conditioned place. Never leave anyone, especially children and/or pets in a closed, parked vehicle.

Please refer to the City of Middletown web site (www.cityofmiddletown.com) and Comcast Channel 19 for additional information.

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