



George F. Apel
Mayor

TOWN OF VERNON

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VERNON OPENS COOLING CENTER FOR ITS RESIDENTS

(Vernon, CT) - This morning, Mayor George F. Apel announced that a cooling center will be opened at the town's Senior Center, 26 Park Place, as a respite for residents affected by the extreme heat forecasted for today and tomorrow.

"In anticipation of record-breaking temperatures, the Town of Vernon will open a cooling center in our Senior Center from noon until 8:00 p.m. today and tomorrow. I urge all residents, especially those most vulnerable to the effects of high heat and humidity to take advantage of the air conditioning provided at the Senior Center", said Mayor Apel. "Our Office of Emergency Management is monitoring the weather and related emergency calls. Should the need arise, a larger cooling center will be opened to accommodate those seeking refuge. I also urge residents to take the following precautionary measures recommended by the Department of Emergency Services and Public Protection".

- Slow down, and avoid strenuous activity.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you don't feel thirsty.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals.
- 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.
- Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters, shopping malls, and other community facilities that may offer refuge during the warmest times of the day.
- Cover windows that get morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use sunscreen with a high SPF (Sun Protection Factor) rating.
- Never leave children or pets alone in a closed vehicle.
- Do not leave pets outside for extended periods. Make sure pets have plenty of drinking water.
- Check on family, friends, and neighbors regularly.

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