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FOR IMMEDIATE RELEASE

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VERNON OPENS COOLING CENTER FOR RESIDENTS

(Vernon, CT) – Mayor Daniel A. Champagne has announced that the town will open a cooling center for Vernon residents at the town's Senior Center, located at 26 Park Place. The cooling center will be open during normal business hours and will run through the remainder of this week.

"Our Office of Emergency and Risk Management has been closely monitoring the weather." said Mayor Champagne "In response to the high temperatures and excessive humidity forecasted for this week, I have ordered a cooling center opened in our Senior Center for anyone seeking refuge from the heat. As a reminder, other resources are available to help residents cool down such as town lakes and pools. I also urge residents to take heed of the Red Cross safety tips included with this message. " said Champagne.

Vernon Senior Center/Cooling Center (26 Park Place) - FREE
9 am to 3 pm, Monday through Friday.

Camp Newhoca (Lake) (Grier Road) - FEE APPLIES
11 am to 3 pm, Monday through Friday. Weekends 11 am to 3 pm.

Valley Falls Park (Lake) (Valley Falls Road) FEE APPLIES
11 am to 6 pm, Sunday through Saturday.

Horowitz Pool (Henry Park, South Street) FEE APPLIES
1:00 pm to 4:50 pm, Monday through Friday. Weekends 1:00 pm to 5:50 pm.

Community Pool (375 Hartford Turnpike) FEE APPLIES
1:00 pm to 4:50 pm, Monday through Thursday and Friday 1:00 to 8:00 pm. Weekends 1:00 pm to 6:00 pm.

The American Red Cross has issued the following safety tips for a heat wave.

- **NEVER LEAVE CHILDREN OR PETS ALONE IN ENCLOSED VEHICLES.**
- Stay hydrated by drinking plenty of fluids. Avoid drinks with caffeine or alcohol.



Mayor Champagne
Town of Vernon

- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.
- Check on those who do not have air conditioning, or who spend time alone.
- Check on animals frequently, and make sure they have plenty of cool water.
- Discuss heat safety precautions with members of your household.
- Those without air conditioning should seek relief from the heat during the warmest part of the day at places such as schools, libraries, theaters, malls. For more information visit redcross.org.

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