

City of Newburgh

Press Release

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For immediate release
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CITY OF NEWBURGH DESIGNATES “Cooling Center” at the Activity Center

Due to the current heat wave, the City of Newburgh has designated the Activity Center at 401 Washington Street as a Cooling Center for our residents. Residents can stop by and spend the day in air-conditioning; perhaps bring a board game or a book. The cooling center will be open today and tomorrow between the hours of 9 am – 7 pm.

The pool at Delano Hitch Recreation Park, (also at 401 Washington Street) will be open from noon until 7 p.m. The mist stick at Audrey Carey Park (Liberty Street between Farrington & Third) is another way for have fun and keep cool.

The City is asking residents to check on their neighbors, particularly the elderly, and to take the following precautions:

- Drink more fluids; don't wait until you are thirsty to drink. Avoid alcohol and caffeine which dehydrate the body.
- Wear lightweight, light-colored clothing. Light colors reflect away some of the sun's energy.
- Wear a wide-brimmed hat or use an umbrella.
- Always use sunscreen with a SPF of 15 or higher
- Eat small meals and more often.
- Slow down. If you must engage in strenuous activity, do it during the coolest part of the day, usually between 4 and 7 am.
- When temperatures are extreme, stay indoors, ideally in an air-conditioned place.
- Never leave anyone, a person or animal in a parked vehicle.

Although anyone at any time can suffer heat-related illness, some people are at greater risk than others. People aged 65 or older are particularly susceptible to heat-related illnesses and complications that can result during periods of high temperatures and humidity. Individuals with chronic respiratory illnesses, such as asthma or diabetes, may also find that their conditions worsen during these times.

Infants and young children are also at increased risk for complications in the summer heat. Reduce the amount of physical activity during hot and humid conditions

and arrange outdoor play before 10 a.m. and after 2 p.m. to avoid the hottest sun of the day.

For more information, contact the City of Newburgh Recreation Department at 565-3230, or the City Manager's Office at 569-7301.