

City of Newburgh

Press Release

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For immediate release
August 12, 2016

City of Newburgh Designates “Cooling Center” At the Activity Center

The City of Newburgh will designate the **Activity Center at 401 Washington St. a Cooling Center** when the National Weather Service predicts temperatures of 95°, or greater, extreme heat conditions or when the heat index reaches 105° or greater. The cooling center will be open between the hours of 8:30 a.m. and 8:00 p.m. Staff will post information on the City’s website and it will be update frequently during any heat emergency.

Due to the extreme heat, **the Cooling Center at 401 Washington Street will be open until 8:00p.m. Friday, Saturday and Sunday August 12th, August 13th & August 14th for our residents.** Please stop by and spend the day in air-conditioning.

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.

Heat emergencies are often slow to develop. It could take a number of days of oppressive heat for a heat wave to have a significant or quantifiable impact. Heat waves do not strike victims immediately, but rather their cumulative effects slowly take the lives of vulnerable populations (see listing of vulnerable populations).

Heat Exhaustion occurs when the body is dehydrated.

- **Symptoms** -- headache, nausea, dizziness, cool and clammy skin, pale face, cramps, weakness, profuse perspiration
- **First Aid** -- move to a cooler spot, drink water with a small amount of salt added (one teaspoon per quart)
- **Without Intervention** -- it can lead to collapse and heatstroke. Heatstroke occurs when perspiration cannot occur and the body overheats.
- **Symptoms** -- headache, nausea, face flushed, hot and dry skin, no perspiration, body temperature over 101°F, chills, rapid pulse
- **First Aid** -- cool person immediately, move to shade or indoors, wrap in a cool, wet sheet, get medical assistance
- **Without Intervention** -- it can lead to confusion, coma, and death.

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.