



Public Health
Prevent. Promote. Protect.

Norwalk Health Department

FOR IMMEDIATE RELEASE

July 18, 2019

SUMMERTIME HEALTH AND SAFETY

Cooling Centers Open, Stay Safe and Healthy in Extreme Heat

Norwalk, Connecticut -- During this heat wave and all summer, the City of Norwalk wants you to stay safe and healthy. Norwalkers are advised to stay cool and take steps to protect themselves as temperatures rise.

Preventing Heat Illnesses

You can take steps to prevent heat-related illnesses:

- Try to spend at least a few hours of the day in a cool environment. If you don't have air conditioning in your home, public places like libraries, shopping centers, movie theaters, and restaurants are likely to be cool.
- Cooling centers will be open throughout the city, at the Norwalk Public Library branches (Saturday, 9 am to 5:30 pm, and Sunday, 1 pm to 5 pm), Norwalk Police Department, and Norwalk Fire Department (121 Connecticut Avenue), for those who need it. For more information on cooling centers, call the City of Norwalk's customer service information line (203) 854-3200.
- Drink lots of water (even if you don't feel thirsty)
- Avoid strenuous activities, and/or take frequent rest breaks
- Wear light, loose fitting clothing
- Do not consume alcohol or caffeine

Also, know the signs and symptoms of heat illness. Anyone can suffer from heat illnesses, but some people are at higher risk, including the elderly, infants, and people with impaired mobility or chronic diseases. During heat waves, keep yourself safe and check on vulnerable friends and neighbors.

Heat Stroke

Heat stroke is the most serious heat illness. It can occur when you are exposed to high temperatures for a long time, often when you are dehydrated. Symptoms of heat stroke include a fever (105° F or higher); hot, dry, red spotted skin; confusion; loss of consciousness; and convulsions. Heat stroke is a medical emergency. If you or someone you know experiences any of these symptoms, call 911 immediately for medical help.

Heat Exhaustion

Heat exhaustion occurs when the body loses too much fluid. Symptoms include dizziness, weakness, fatigue, headache, and nausea. If heat exhaustion is not treated, it can lead to heat stroke, so if you or someone you know experiences these symptoms, call 911 for medical attention. Do not give salt tablets to someone who has these symptoms, because they could cause harm.

To learn more about how to be safe during extreme heat, visit online resources from the [Environmental Protection Agency](#) or the [Centers for Disease Control and Prevention](#).

Contact: Laoise King
(203)515-6019
lking@norwalkct.org