



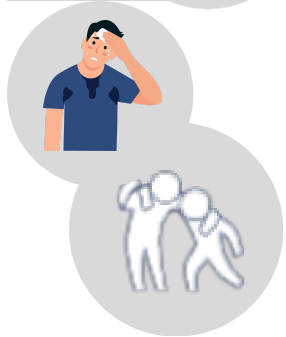
Extreme Heat Safety



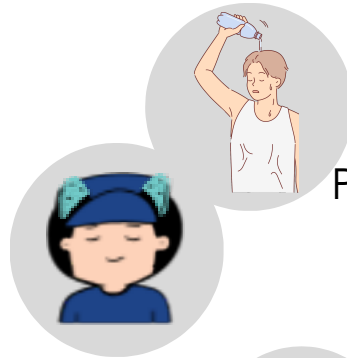
Drink cool water even when you are not thirsty.



Wear a hat, loose clothing, and light colors.



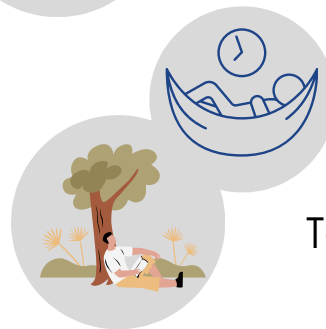
Watch for signs of overheating in yourself and others.
Examples are:
headache, nausea, heavy sweating, & thirst.



Place ice pack on neck or under arms to cool down.



Take time out of the sun and eat.



Take breaks in the shade.

First Aid for Heat Illness



Call 911 for help and do not leave the person alone.



Cool the person down with water right away.

Stamford Cooling Centers

Stamford Government Center

888 Washington Boulevard

1st floor lobby until 9:00 pm daily

Lobby is available on Saturdays and Sundays

Domus

87 Lockwood Avenue

Monday - Friday - 8:00 am to 5:00 pm

New Covenant Center

174 Richmond Hill Avenue

Monday - Saturday - 10:30 am to 5:30 pm

Sunday - 10:00 am to 1:30 pm

PAL (Police Activities League)

245 Selleck Street

Monday - Friday - 10:00 am to 4:00 pm

Building One Community

417 Shippan Avenue, 1st floor

Monday - Friday - 8:00 am to 6:00 pm

Saturday - Sunday - 9:00 am to 5:00 pm