



Extreme Heat

- Do not rely on a fan as your primary cooling device. Fans create air flow and a false sense of comfort, but do not reduce body temperature or prevent heat-related illnesses.
- Identify places in your community where you can go to get cool such as libraries and shopping malls or contact your local health department to find a cooling center in your area.
- Install window air conditioners and insulate around them.
- Never leave people or pets in a closed car on a warm day.
- Take cool showers or baths.
- Wear loose, lightweight, light-colored clothing.
- Use your oven less to help reduce the temperature in your home.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Drink plenty of fluids to stay hydrated.
- Avoid high-energy activities or work outdoors, during midday heat, if possible.
- Check on family members, older adults and neighbors.
- Watch for heat cramps, heat exhaustion and heat stroke.
- Consider pet safety. If they are outside, make sure they have plenty of cool water and access to comfortable shade. Asphalt and dark pavement can be very hot to your pet's feet.

IMPORTANT NUMBERS

Emergencies: 911

Town Hall: 860-561-7500

Police Routine: 860-523-5203

Fire Routine: 860-523-5263

Public Works: 860-561-8100

Eversource: 800-286-2000

CT Natural Gas: 860-456-6747

MDC 860-278-7850

For more information on how to prepare, please visit the FEMA website at Ready.gov.

