



# 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](https://www.ready.gov).



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During an extreme heat event, residents and visitors to the Town of West Hartford seeking relief from the heat will be directed to town facilities or parks. They will also be encouraged to visit commercial, retail, and entertainment areas in town that are air-conditioned. They will be reminded to call 911 immediately in case of any heat related emergencies.

The following town buildings are available for residents to visit to cool off:

- Noah Webster Library – 20 South Main Street
- Faxon Branch Library- 1073 New Britain Avenue
- Bishops Corner Branch Library- 15 Starkel Road
- West Hartford Senior Center, Bishops Corner- 15 Starkel Road
- Elmwood Community Center – 1106 New Britain Avenue (2nd Floor)

The following parks have splash pads available to the public where they can cool off:

- Beachland Park
- Fernridge Park
- Kennedy Park
- Wolcott Park.

The following parks have public pools available where they can cool off:

- Beachland Park
- Eisenhower Park
- Fernridge Park
- Kennedy Park.

Additional facilities may also be opened during extreme heat events. Residents will be alerted to these locations as they open via our webpage, social media and Everbridge notifications.

Residents should be sure to sign up for state and local alerts by going to <https://portal.ct.gov/ctaalert> and <https://www.westhartfordct.gov/how-do-i-2/get-notified>.

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