



CITY OF HARTFORD



Pedro E. Segarra
Mayor

HARTFORD FIRE DEPARTMENT
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Hartford, Connecticut 06103

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EDWARD CASARES, JR.
Fire Chief \ Emergency
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HEALTH ADVISORY

FROM THE MAYOR’S OFFICE, HARTFORD FIRE DEPARTMENT, DEPARTMENT OF HEALTH AND HUMAN SERVICES, OFFICE OF CHILDREN, YOUTH, FAMILIES & RECREATION AND EMERGENCY SERVICES AND TELECOMMUNICATIONS

--- News and Community Release---

Due to the high heat and humidity, Mayor Pedro Segarra announced today the City of Hartford is issuing a Health Advisory to help all Hartford residents stay healthy.

Cooling centers will be open: Thursday, July 21st – Friday, July 22nd – Saturday, July 23rd

A cooling center is a temporary air-conditioned public space set up by local authorities to deal with the health effects of extreme heat. Usually sited at several locations throughout the city, cooling centers are meant to prevent hyperthermia, especially among the elderly without air conditioning at home. Cooling centers provide shade and water along with referrals to social services. Please visit us at the following locations:

THURSDAY and FRIDAY HOURS

Parker Memorial Community Center	2621 Main Street	Open 09:00am to 8:00pm
Pope Park Recreation Center	30 Pope Park Drive	Open 09:00am to 8:00pm

SATURDAY HOURS

Parker Memorial Community Center	2621 Main Street	Open 09:00am to 5:00pm
Pope Park Recreation Center	30 Pope Park Drive	Open 09:00am to 5:00pm

City residents are urged to take the following precautions during this heat alert.

1. Drink plenty of water--- especially the elderly, children, and those with respiratory illnesses.
2. Avoid prolonged work in the sun or in poorly ventilated areas.
3. Stay in cool, air-conditioned environments.
4. Do not leave children or pets unattended in vehicles.
5. Check in on elderly family members and/or neighbors often.

If severe weather strikes or if there’s a power outage, the American Red Cross recommends:

1. Pick a safe place in your home where there are no windows, skylights or glass doors.
2. Unplug appliances.
3. Have a flashlight ready and do not use candles.
4. Avoid opening the refrigerator or freezer.



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HEALTH ADVISORY (Con't)

Residents and businesses should take precautions against food-borne illnesses that can occur during oppressive heat because of accelerated bacteria growth. Here's what you can do:

1. Wash hands well and often with soap and water.
2. Wash surfaces when cooking, keeping raw food separate from cooked food.
3. Marinate in the refrigerator and not on the kitchen counter.
4. Cook food thoroughly using a meat thermometer.
5. Refrigerate and freeze food promptly, including leftovers.

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