



CITY OF HARTFORD



DEPARTMENT OF HEALTH AND HUMAN SERVICES

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HEALTH ADVISORY

FROM THE MAYOR’S OFFICE, THE DEPARTMENT OF HEALTH AND HUMAN SERVICES, EMERGENCY SERVICES AND TELECOMMUNICATIONS AND THE HARTFORD FIRE DEPARTMENT

--- News and Community Release---

(July 6, 2010, 2009)--- Due to the extreme heat, Mayor Pedro Segarra, the Department of Health and Human Services, Emergency Services and the Hartford Fire Department are jointly issuing a Health Advisory to help all Hartford residents stay healthy. To help beat the heat, Mayor Segarra and HHS will open cooling centers today, and throughout the week until further notice.

A cooling center is a temporary air-conditioned public space set up by local authorities to deal with the health effects of a heat wave. 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:

Parker Memorial Community Center	2621 No. Main Street	Open 9:00am to 9:00pm
Pope Park Recreation Center	30 Pope Drive	Open 9:00am to 9:00pm
Metzner Center	680 Franklin Avenue	Open 9:00am to 6:00pm
North End Senior Center	80 Coventry Street	Open 9:00am to 5:00pm
South End Senior Wellness Center	830 Maple Avenue	Open 9:00am to 5:00pm
Parkville Senior Center	11 New Park Avenue	Open 9:00am to 5:00pm
Hispanic Senior Center	45 Wadsworth Street	Open 9:00am to 5:00pm

Community Based Organizations across the city are being encouraged to open their air-conditioned buildings to the public. As of now, the Hispanic Health Council will open their building at 175 Main Street through 4:30pm today. As other agencies make their facilities available, they will be announced.

HHS urges city residents to take the following precautions during this heat alert.

1. Stay hydrated by drinking 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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HHS advises residents and businesses to 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.

In addition, all Hartford pools will be open for Family Swim through 7:00 pm tonight.

- Goodwin Park Pool, 1130 Maple Avenue
- Pope Park Outdoor Pool, 30 Pope Park Drive
- Keeney Park Pool, 471 Tower Avenue
- Colt Park Pool, 92 Wethersfield Avenue

City spray pads will be available from noon to dusk as well. Cool off with us at:

- Pope Park North, Russ and Putnam Streets
- Metzner Center, 680 Franklin Avenue
- Day Playground, Orange and Arbor Street
- Sigourney Square Park, Sigourney Street
- Goodwin Park, 1130 Maple Avenue
- Forster Park, Roger Street
- Lozada Park, Seyms Street

