



# CITY OF HARTFORD



DEPARTMENT OF HEALTH AND HUMAN SERVICES

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## HEALTHY REMINDER FOR A HEALTHIER (AND COOLER) HARTFORD

### --- News and Community Release---

(August 18, 2009)--- Due to the extreme heat and other weather concerns, Mayor Eddie Perez and the Department of Health and Human Services are jointly issuing a Health Advisory to help all Hartford residents stay healthy. To help beat the heat, cooling stations will be open today at the following facilities:

Pope Park Recreation Center	30 Pope Drive	Open through 9:00pm
Willie Ware Recreation Center	697 Windsor Street	Open through 8:00pm
Metzner Center	680 Franklin Avenue	Open through 6:00pm

In addition, all Hartford pools will be open for Family Swim through 7:00 pm tonight. Everyone is welcome to visit our pools for supervised, open swim. City spray pads will be available from noon to Dusk at Pope Park North, Hyland, Metzner, Day Playground, Sigourney, Goodwin, Bracket, Willie Ware, Forster Heights, Lozada and Waverly Parks. HHS officials ask parents and guardians to not allow children to sit on the spray heads as this can cause injury. Please also do not allow children to clog the drains to create wading areas as this can damage the system causing it to have to be shut down!

HHS is asking 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.

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.
5. Have water available for hydration.

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.
6. Keep meat cold until ready to grill. Do not leave it out at room temperature.

Reminder: Call 3-1-1 for all non-emergency questions.