

New Bedford Libraries, Senior Centers Offer Relief From the Heat

Due to the unseasonably hot weather conditions forecast by the National Weather Service for the greater New Bedford area, the City of New Bedford Department of Emergency Management has designated several city buildings as cooling centers.

On **Thursday, July 21st**, the following air-conditioned locations will provide a cool place for anyone looking to escape the hot weather conditions:



- **Main/Downtown Library** (613 Pleasant Street) – Open 9:00am to 9:00pm
- **Casa da Saudade Library** (58 Crapo Street) – Open 12:00pm (Noon) to 8:00pm
- **Lawler Library** (745 Rockdale Avenue) – Open 12:00pm (Noon) to 8:00pm
- **Wilks Library** (1911 Acushnet Avenue) – Open 12:00pm (Noon) to 8:00pm
- **Howland Green Library** (3 Rodney French Boulevard) – Open 12:00pm (Noon) to 8:00pm
- **Brooklawn Senior Center, North** (1997 Acushnet Avenue) – Open 9:00am to 3:00pm
- **Buttonwood Senior Center, West** (1 Oneida Street) – Open 9:00am to 3:00pm
- **Downtown Senior Center** (560 Pleasant Street) – Open 9:00am to 3:00pm

- **Hazelwood Senior Center, South** (553 Brock Avenue) – Open 9:00am to 3:00pm
- **Ashley Senior Center, South** (543 Rivet Street/Goulart Square) – Open 10:00am to 4:00pm

On **Friday, July 22nd**, the following air-conditioned locations will provide a cool place for anyone looking to escape the hot weather conditions:

- **Main/Downtown Library** (613 Pleasant Street) – Open 9:00am to 5:00pm
- **Casa da Saudade Library** (58 Crapo Street) – Closed
- **Lawler Library** (745 Rockdale Avenue) – Open 10:00am to 6:00pm
- **Wilks Library** (1911 Acushnet Avenue) – Closed
- **Howland Green Library** (3 Rodney French Boulevard) – Open 10:00am to 6:00pm
- **Brooklawn Senior Center, North** (1997 Acushnet Avenue) – Open 9:00am to 3:00pm
- **Buttonwood Senior Center, West** (1 Oneida Street) – Open 9:00am to 3:00pm
- **Downtown Senior Center** (560 Pleasant Street) – Open 9:00am to 9:00pm
- **Hazelwood Senior Center, South** (553 Brock Avenue) – Open 9:00am to 3:00pm
- **Ashley Senior Center, South** (543 Rivet Street/Goulart Square) – Open 10:00am to 4:00pm

The Southeastern Regional Transit Authority (SRTA) will offer FREE fare bus service beginning tomorrow, June 21st at 12 noon through Friday, June 22nd at 6:00pm. Visit www.srtabus.com for all route and schedule information. The public is reminded to bring any medications and/or special food items with them.

The weather forecast for the greater New Bedford area calls a prolonged period of excessive heat which may begin on Thursday. Dangerously hot temperatures are expected with heat

indices of 105 degrees or greater on Friday. The heat index is "how hot it feels," when combining the air temperature with humidity.

City public safety and health officials and the Massachusetts Emergency Management Agency (MEMA) offer the following tips for everyone to follow during hot, humid weather:

- Slow down, avoid strenuous activity. Do not try to do too much on a hot day.
- Wear lightweight, loose-fitting, light-colored clothing. Light colors will reflect heat and sunlight and help maintain normal body temperature. Protect your face with a wide-brimmed hat.
- Drink plenty of water regularly and often, even if you do not feel thirsty. Attempt to stay hydrated.
- Never leave children or pets alone in a closed vehicle.
- Check on family, friends and neighbors.
- Limit intake of alcoholic beverages. They can actually dehydrate your body.
- Eat well-balanced, light, regular meals. Avoid high protein foods that increase metabolic heat.
- Stay indoors as much as possible.
- If you do not have air conditioning, stay on your lowest floor, out of the sun. Electric fans do not cool the air, but they do help evaporate perspiration, which cools your body.
- Go to a place where you can get relief from the heat, such as air conditioned schools, libraries, theaters and other community facilities that may offer refuge during the warmest times of the day.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings or louvers. Outdoor awnings or louvers can reduce the heat that enters a home by up to 80%.
- Avoid too much sunshine. Sunburn slows the skin's ability to cool itself. If you are outside, use

sunscreen lotion with a high SPF (Sun Protection Factor) rating.

In normal weather, the body's internal thermostat produces perspiration that evaporates and cools the body. However, in extreme heat and high humidity, evaporation is slowed and the body must work extra hard to maintain normal temperature, which may lead to heat cramps, heat exhaustion and heat stroke. If you believe you, or anyone you are with, is experiencing a heat-related medical emergency, promptly call 911, and if possible, move to a cooler place.