## City of New Bedford offering respite from "Heat Dome": designated cooling centers, splash pads

"Feels like summer came a little early this year. The new season doesn't officially arrive until 4:50 p.m. Thursday, but it feels like the dog days of summer around the City. And while New Bedford is not predicted to be as hot as other Northeast cities this week, residents may want to take advantage of a few options to cool off for the next couple of days.

First, the City is continuing its practice of designating public libraries as cooling centers. All libraries have air conditioning and staff ready to assist. Libraries are closed Wednesday in observance of the Juneteenth holiday and will reopen on Thursday. The Main Library Downtown (613 Pleasant St.) will be open from 9 a.m. to 9 p.m. on Thursday and 9 a.m. to 5 p.m. on Friday and Saturday. The Wilks Branch Library (1911 Acushnet Ave.) will be open 9 a.m. to 8 p.m. on Thursday and 9 a.m. to 5 p.m. on Friday and Saturday. Residents are encouraged to check the City's website for operating hours for all City libraries: http://www.newbedford-ma.gov/library/.

Seniors are welcome to stop by the Buttonwood Park Senior Center, which is open Thursday and Friday from 8:30 a.m. to 3 p.m. It is air conditioned and features different programs and special events.

Several splash pads are open across the City to give kids a break from the heat. Splash pads can be found at the following spots: Beauregard-Pina Playground, Ashley Park, Clasky Common, Harrington Park, Magnet Park, Ben Rose Athletic Field,

Riverside Park and Monte Park.

We encourage everyone to check out the heat-related safety tips available at newbedford-ma.gov/emergency-management/emergencies-disasters/extreme-heat/ and pet-related tips at newbedford-ma.gov/animal-control/pet-tips/hot-weather-tips/.

## Finally, the National Weather Service offers some advice on how to be safe when the temperatures rise:

- Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, and check up on relatives and neighbors.
- Young children and pets should never be left unattended in vehicles under any circumstances.
- Take extra precautions if you work or spend time outside.
- When possible, reschedule strenuous activities to early morning or evening.
- Know the signs and symptoms of heat exhaustion and heat stroke.
- Wear lightweight and loose-fitting clothing when possible.
- To reduce risk during outdoor work, the Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments.
- Anyone overcome by heat should be moved to a cool and shaded location, heat stroke is an emergency."-City of New Bedford.