



## City Operates Cooling Centers for Residents

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As a result of an Excessive Heat Warning issued by the National Weather Service, the City of Dayton has activated a heat emergency plan to help area residents escape the high temperatures.

City of Dayton recreation centers are designated as cooling centers during regular business hours (weekdays, 6:00 a.m. to 8:00 p.m.; Saturday, 8:00 a.m. to 4:00 p.m.), at these locations:

- \* Greater Dayton Recreation Center, 2021 W. Third St.
- \* Lohrey Recreation Center, 2366 Glenarm Ave.
- \* Northwest Recreation Center, 1600 Princeton Dr.

### Reminders for dealing with excessive heat

Do:

- \* Check on elderly family members and neighbors and other at-risk individuals.
- \* Use air conditioners or spend time in air-conditioned locations, such as malls or libraries.
- \* Use portable electric fans to exhaust hot air from rooms or draw in cooler air.
- \* Take a cool bath or shower.
- \* Minimize direct exposure to the sun.
- \* Stay hydrated - regularly drink water and other non-alcoholic fluids.
- \* Eat light, cool, easy-to-digest foods, such as fruits or salads.
- \* Wear loose fitting, light-colored clothes.
- \* Know the symptoms of excessive heat exposure and the appropriate responses.

Don't

- \* Leave children or pets alone in cars for any amount of time.
- \* Direct the flow of portable electric fans toward yourself when the room temperature is hotter than 90 degrees.
- \* Drink alcohol to try to stay cool.
- \* Eat heavy, hot or hard-to-digest foods.
- \* Wear heavy, dark clothing.

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