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**FOR IMMEDIATE RELEASE**

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## **Newark Offers Cool Options in Heat Wave**

**Newark, DE** (June 19, 2012) – In anticipation of the excessive heat for Wednesday, June 20 and Thursday, June 21, the City of Newark has extended the hours of operation for the George Wilson Center as a cooling center. Residents without air conditioning and in need of cooling down are welcome to come to George Wilson Center between the hours of 9:30 a.m. and 9:00 p.m. to cool off. City of Newark pools are also open during normal hours of operation, 12:30 p.m. to 5:00 p.m. Tuesday through Saturday.

Additionally, the Newark Free Library will welcome anyone seeking relief from the heat during normal business hours on Wednesday, 10:00 a.m. to 9:00 p.m., and on Thursday, 10:00 a.m. to 5:00 p.m. Newark Senior Center welcomes any senior citizens that may be seeking cooler temperatures during normal business hours, 7:30 a.m. – 5:00 p.m.

The combination of hot temperatures and high humidity may combine to create a dangerous situation in which heat illnesses are possible.

Helpful tips to stay healthy in the heat:

- Drink plenty of water.
- Stay in an air-conditioned environment and stay out of the sun.
- Check on elderly relatives and neighbors. Make sure pets have plenty of cool water and bring them indoors.
- Never leave any person or animal in a vehicle for any length of time.
- Take extra precautions if you work or spend time outside; wear light or loose fitting clothing when possible.
- Anyone overcome by heat should be moved to a cool and shaded location.
- Know the signs and symptoms of heat exhaustion and heat stroke; heat stroke is an emergency – call 9 1 1.

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