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For Immediate Release

**HOT AND HUMID TEMPERATURES EXPECTED OVER THE WEEKEND**

Middletown – High heat and humidity is expected to arrive on Friday and stall over the area for the next several days so City of Middletown officials are warning residents to take precautionary measures to avoid excess exposure that may lead to illness.

Residents who are in need of respite from the heat are encouraged to seek air conditioned comfort in public buildings. The lobby of the Middletown Police Department, 222 Main Street, which is opened 24 hours a day, will be available to serve as a cooling station. Other public facilities will be available as well such as the Russell Library on Broad Street. Russell Library business hours are as follows:

Monday & Thursday: 9AM – 8PM

Friday: 9 A.M. – 6 P.M.

Saturday: 9 A.M. – 5 P.M.

Elderly persons are encouraged to use the Middletown Senior Center on Durant Terrace during business hours Monday through Friday 8:00 am - 3:00 pm. Finally, the City Hall lobby is also available Monday through Friday from 8:30 am – 4:30 pm. We advise checking with these facilities prior to travel.

The City of Middletown will also be opening fire hydrant sprinklers at designated times and locations. The sprinklers are expected to be opened Saturday and Sunday and will be at the following locations:

- The Highlands Crescent Drive bus stop from 12 P.M. – 4 P.M.
- Julia Terrace from 2 P.M – 5 P.M.
- Maplewood Terrace from 2 P.M. – 5 P.M.
- Summer Hill Road and Woodbury Circle from 2 P.M. – 5 P.M.
- Macdonough School from 12 P.M. – 3 P.M. and 6 P.M. – 8 P.M.
- Santangelo Circle from 12 P.M. – 3 P.M.
- Daddario Road from 6 P.M. – 8 P.M.

The combination of high temperatures and humidity can cause heat related illnesses such as hyperthermia and heat exhaustion. The most serious form of hyperthermia is heat stroke which is characterized by a body temperature of 105 degrees. Symptoms may include disorientation, delirium, and coma. Onset is rapid and progression to becoming life-threatening may only take a few minutes. Anyone in this condition should seek immediate medical attention. Heat exhaustion is a milder form of hyperthermia and may occur after several days of exposure to heat combined with inadequate fluid intake. Symptoms may include dizziness, weakness, and fatigue.

The best defense against heat related illness is prevention. Drink more fluids and do not wait until you are thirsty and wear light weight, loose fitting clothing. Stay indoors if possible in an air conditioned place. Never leave anyone, especially children and/or pets in a closed, parked vehicle.

Please refer to the City of Middletown web site ([www.cityofmiddletown.com](http://www.cityofmiddletown.com)) and Comcast Channel 19 for additional information.

