

South Euclid Cooling Centers Open

Extreme Heat Alert:

As we prepare for some extremely hot weather across the region, the National Weather Service has issued a Heat Advisory for all of Northeast Ohio. The advisory, which is in effect Wednesday from 10 a.m. until 9 p.m., indicates that heat index values will top 100 degrees.

South Euclid Cooling Centers:

The Community Center and the City Hall/Police Department back lobby will be available for those needing to cool off.

- The City Hall back lobby, 1349 South Green Road is open 24 hours/7 days a week (park in the back parking lot).
- The Community Center, 1370 Victory Drive, is open Monday-Friday from 9 am – 5 pm.

If you need to use either facility, make sure you bring food, drink, and some things to entertain yourself. Pets are allowed, but must be kept under owner's control at all times.

Please be a good neighbor: Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others. Check regularly on the elderly, young children, and individuals who are physically or mentally disabled or ill.

Simple steps to stay cool:

- Drink plenty of cool fluids that do not contain alcohol or large amounts of sugar. Water is the best option.
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to a public location such as a shopping mall, library or local cooling center.
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air- conditioned place is a much better way to cool off.
- Wear lightweight, light-colored, loose-fitting clothing.
- NEVER leave anyone or a pet in a closed, parked vehicle.
- If you must be outside, limit your outdoor activity to morning and evening hours, and use broad spectrum sunscreen of SPF 15 or higher.
- If you have specific fluid or dietary restrictions, check with your doctor before altering your diet.