



# City of Meriden, Connecticut

## DEPARTMENT OF HEALTH AND HUMAN SERVICES

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**June 17, 2024**

### **PRESS RELEASE - FOR IMMEDIATE RELEASE**

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### **EXTREME HEAT ALERT**

*Residents are advised to stay cool, stay hydrated, and stay informed*

(MERIDEN, CT) – Governor Ned Lamont has directed the Connecticut’s Extreme Hot Weather Protocol to be activated effective at 12:00 p.m. on Tuesday, June 18, 2024, and remain in effect through 12:00 p.m. on Sunday, June 23, 2024.

The current forecast is indicating that temperatures over this period will rise into the 90s and higher. This is the first time this year that the protocol is being activated. Extremely high or unusually hot temperatures can affect your health. Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition.

Meriden will have 2 city buildings designated as cooling centers for the public. The Meriden Public Library, 105 Miller Street, will be open Tuesday and Thursday from 9:30am to 8:30pm, and Friday and Saturday from 9:30am to 5:00pm. The Meriden Senior Center (lower level – Hanover Street entrance) will be open Tuesday, Thursday, and Friday from 8:00 to 4:30pm. Both locations are closed on Wednesday, June 19. The Library and Senior Center are closed on Sundays.

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke:

- Keep your body temperature cool to avoid heat-related illness.
- Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.
- Find an air-conditioned shelter. (Call 2-1-1 for a list of cooling centers statewide.) Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.

- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk several times a day.
- Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.
- Never leave pets inside of parked vehicles because temperatures can soar to life-threatening levels within minutes.

Everyone is also reminded to stay hydrated during periods extreme heat. Because bodies lose fluid through sweat, dehydration is common while experiencing very high temperatures. It is strongly encouraged to:

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.



# HEAT SAFETY

## FOR YOU AND YOUR FAMILY

### DURING A HEAT WAVE

- ✓ **Slow down:** Reduce, eliminate or reschedule strenuous activities until the coolest time of the day. Children, seniors and anyone with health concerns should stay in the coolest available place, not necessarily indoors.
- ✓ **Dress for summer:** Wear lightweight, loose-fitting, light-colored clothing to reflect heat.
- ✓ **Eat light:** Choose easy-to-digest foods such as fruit or salads. If you pack food, put it in a cooler or carry an ice pack. Meats and dairy products can spoil quickly in hot weather.
- ✓ **Drink plenty of water (not very cold):** Focus on non-alcoholic and decaffeinated fluids. Drink water even if you don't feel thirsty. If you're on a fluid-restrictive diet or have a problem with fluid retention, consult a physician before increasing consumption of fluids.
- ✓ **Use air conditioners:** Spend time in air-conditioned locations such as malls and libraries if your home isn't air conditioned.
- ✓ **Use portable electric fans:** Fans exhaust hot air from rooms or draw in cooler air. Do not direct the flow of portable electric fans toward yourself when room temperatures are hotter than 90°F. The dry blowing air will dehydrate you faster, endangering your health.
- ✓ **Minimize direct exposure to the sun.** Sunburn reduces your body's ability to dissipate heat. Take a cool bath or shower.
- ✓ **Do not take salt tablets:** Only take salt tablets if recommended by a physician.
- ✓ **Be aware of infants, older, sick or frail people and pets.** Never leave children, disabled adults or pets in a car.
- ✓ **For more heat health tips,** go to the Centers for Disease Control and Prevention: [cdc.gov](https://www.cdc.gov)

### WARNING VS. WATCH

#### Excessive Heat Watch

An Excessive Heat Watch is typically issued two to five days ahead of possible dangerous heat conditions. Certainty regarding the development and timing of the event is lower than a warning.

#### Excessive Heat Warning

An Excessive Heat Warning, sometimes preceded by an Excessive Heat Watch, is typically issued within one to three days of the onset of extremely dangerous heat conditions and remains in effect until the extreme danger subsides. Certainty is high that the event will occur.

#### Heat Advisory

A Heat Advisory is typically issued within one to three days of the onset of dangerous heat and remains in effect until the danger subsides. These conditions pose a lesser, but still dangerous, risk to communities. Certainty is high that conditions will occur.

### EXCESSIVE HEAT - AMERICA'S DEADLIEST WEATHER

Excessive heat poses a significant risk to people's health, including heat stroke and heat exhaustion, which can result in death. Excessive heat generally means unusually hot temperatures, possibly combined with oppressive humidity, that persists for two or more days. However, specific guidelines vary across the country and may be refined through work with local and state health professionals.



*Drink plenty fluids in hot weather, even if you aren't thirsty.*



## HEAT CAN BE DANGEROUS

### The Heat Index

The Heat Index is one way to measure how hot it feels when humidity is considered with the temperature. For example, when the temperature is 95 °F and the relative humidity is 50 percent, the Heat Index is 105 °F. To find the Heat Index temperature, use the chart or use the online calculator available at

[weather.gov/safety/heat-index](http://weather.gov/safety/heat-index).

Heat Index temperatures shaded in red indicate extreme danger. The National Weather Service utilizes the Heat Index in many parts of the country to determine when and where to issue heat alerts.

NWS Heat Index TEMPERATURE (°F)

Relative Humidity (%)	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110
40	80	81	83	85	88	91	94	97	101	105	109	114	119	124	130	136
45	80	82	84	87	89	93	96	100	104	109	114	119	124	130	137	
50	81	83	85	88	91	95	99	103	108	113	118	124	131	137		
55	81	84	86	89	93	97	101	106	112	117	124	130	137			
60	82	84	88	91	95	100	105	110	116	123	129	137				
65	82	85	89	93	98	103	108	114	121	128	136					
70	83	86	90	95	100	105	112	119	126	134						
75	84	88	92	97	103	109	116	124	132							
80	84	89	94	100	106	113	121	129								
85	85	90	96	102	110	117	126	135								
90	86	91	98	105	113	122	131									
95	86	93	100	108	117	127										
100	87	95	103	112	121	132										



LIKELIHOOD OF HEAT DISORDERS with Prolonged Exposure or Strenuous Activity

Caution	Extreme Caution	Danger	Extreme Danger
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HEAT EXHAUSTION	OR	HEAT STROKE
Faint or dizzy		Throbbing headache, confusion
Excessive sweating		No sweating
Cool, pale, clammy skin		Body temperature above 103° Red, hot, dry skin
Nausea or vomiting		Nausea or vomiting
Rapid, weak pulse		Rapid, strong pulse
Muscle cramps		May lose consciousness
<ul style="list-style-type: none"> <li>Get to a cooler, air conditioned place</li> <li>Drink water if fully conscious</li> <li>Take a cool shower or use cold compresses</li> </ul>		<p><b>CALL 9-1-1</b></p> <ul style="list-style-type: none"> <li>Move person to cooler place</li> <li>Cool using cool cloths or bath</li> <li>Do not give anything to drink</li> </ul>



NEVER leave a baby, senior or pet locked in a car, even for a few minutes. Dozens of infants and untold numbers of pets die every year in hot vehicles.

# AGOTAMIENTO POR CALOR

Sudor copioso  
Debilidad

Piel fría, pálida, húmeda y pegajosa  
Pulso rápido o débil  
Náuseas o vómitos  
Mareos o desmayos

## RECUERDE LOS SIGNOS DE ADVERTENCIA

Busque atención médica **inmediata**, si usted o alguien que conoce tiene síntomas de enfermedad por calor. Los signos de advertencia pueden variar pero incluyen los siguientes:

Alta temperatura corporal  
(más de 103°F)\*

Piel caliente, enrojecida,  
seca o húmeda

Pulso rápido y fuerte

Posible pérdida del conocimiento

# GOLPE DE CALOR

\*104°F medida con termómetro rectal, es más precisa

## ¡HACE CALOR AFUERA!

Las temperaturas extremadamente calientes pueden causar enfermedades y hasta la muerte.

### **MANTÉNGASE FRESCO.**

Permanezca en edificios con aire acondicionado tanto como sea posible y evite la exposición directa al sol.

### **MANTÉNGASE HIDRATADO.**

Beba suficiente agua y no espere a tener sed para tomar agua.

### **MANTÉNGASE INFORMADO.**

Infórmese sobre el clima local para que pueda planear actividades seguras si hace calor afuera.

### **¡ENTÉRESE SI HARÁ CALOR!**

Consulte las noticias locales para enterarse de alertas de calor extremo y consejos de seguridad.

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

## ¡HACE CALOR AFUERA!

**MANTÉNGASE FRESCO.**

**MANTÉNGASE HIDRATADO.**

**MANTÉNGASE INFORMADO.**



Centers for Disease  
Control and Prevention  
National Center for  
Environmental Health

Esté pendiente de las **personas mayores**, o de 65 años de edad o más, para asegurarse de que están bien, y se mantienen frescos, hidratados e informados.

**Las personas con una afección crónica** tienen menos probabilidad de sentir y reaccionar a los cambios de temperatura. Además, pueden estar tomando medicamentos que pueden empeorar el efecto del calor extremo.

En épocas de calor extremo, esté pendiente de amigos, familiares y vecinos que pueden estar a riesgo, visitándoles o llamándoles dos veces al día. Recomiéndeles que:

- Estén pendientes de algún amigo vecino y pidan a alguien que haga lo mismo por ellos.
- Eviten usar la estufa o el horno para cocinar.
- Usen ropa ligera, de color claro y que no apriete.

## PARA MÁS INFORMACIÓN:

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)

## ¿QUIÉNES NECESITAN ATENCIÓN ESPECIAL?

Las personas de edad avanzada, las que tienen afecciones crónicas, las que no tienen hogar o son pobres, los trabajadores al aire libre y los deportistas tienen un mayor riesgo de sufrir enfermedades por calor.



La mayoría de las ciudades cuentan con centros para refrescarse u otros refugios con aire acondicionado para las **personas pobres o sin hogar** durante épocas de calor extremo.

Nunca deje a **bebés o niños** en un auto estacionado.

Tampoco deje a las **mascotas** en los autos estacionados ya que también pueden sufrir de enfermedades por calor.



**Los deportistas y las personas que hacen ejercicio** en condiciones de calor extremo tienen más probabilidad de deshidratarse y enfermarse por el calor.

- Limite las actividades al aire libre, especialmente durante el mediodía cuando hace más calor.
- Programe los ejercicios y las prácticas temprano o más tarde en el día para evitar el calor del mediodía.
- Controle el ritmo de la actividad. Empiece despacio y aumente la intensidad poco a poco.
- Beba de dos a cuatro vasos de agua cada hora mientras está haciendo ejercicio. Los calambres musculares pueden ser una señal temprana de enfermedad por calor.

**Las personas que trabajan al aire libre** tienen más probabilidad de deshidratarse y de enfermarse por calor.

- Beba de dos a cuatro vasos de agua cada hora mientras está trabajando. No espere a tener sed para beber agua.
- Evite las bebidas alcohólicas o con mucho azúcar.
- Aplíquese filtro solar y reaplíquelo según las instrucciones del envase.
- Pregunte si puede realizar sus labores más temprano o más tarde en el día para evitar el calor del mediodía.

**PARE**  
toda actividad y  
diríjase a un sitio  
fresco si se siente  
débil o mareado.