

JOINT PRESS RELEASE



NIAGARA COUNTY DEPARTMENT OF HEALTH
5467 Upper Mountain Road, Suite 100
Lockport, New York 14094

NIAGARA COUNTY EMERGENCY SERVICES
5574 Niagara Street Extension PO Box 496
Lockport, New York 14094

Daniel J. Stapleton, MBA
Public Health Director
(716) 439-7435
dan.stapleton@niagaracounty.com

Jonathan Schultz, CEM
Director of Emergency Services &
Fire Coordinator
(716) 438-3171
jonathan.schultz@niagaracounty.com

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CONTACT: Elise Pignatora
Director of Public Health Planning & Emergency Preparedness
716-439-7431

With Hot Weather This Week, Niagara County Encourages Residents to Stay Cool, Hydrated and Informed of Cooling Center Locations

High temperatures can cause serious heat-related illness. Heat-related illnesses occur when the body is unable to properly cool itself through perspiration. People who are more susceptible to heat-related illness are young children, older adults, outside workers, and people with chronic medical conditions. “With an increase in hot weather, it is important the community stays cool and hydrated,” stated Daniel J. Stapleton, Public Health Director.

“Working with our partners, we have designated cooling centers, air-conditioned buildings, that can provide respite and safety during extreme heat to those in need,” stated Jonathan Schultz, Director of Emergency Services & Fire Coordinator. “We are especially grateful to Niagara Falls Mayor Robert Restaino, Lockport Mayor Michelle Roman, North Tonawanda Mayor Arthur Pappas and the local fire chiefs for their support,” he emphasized.

When the temperature is very high, stay indoors. If you must go outside, dress properly and take breaks often. Tips to avoid heat-related illness include:

- Drink plenty of water
- Cool off in air-conditioned places (while remaining six feet apart from persons who do not reside in the same household and if separation is not possible wearing a cloth face covering)
- Check on friends and neighbors at high risk for heat-related illness
- Take cool showers or baths to beat the heat and help keep body temperatures at safe levels
- Never leave kids or pets in a parked car for any amount of time; temperatures inside a car can rise to dangerous levels within minutes.
- Limit time outdoors and take breaks often
- Dress properly: hat, sunscreen (SPF 15 or higher), lightweight, light-colored, loose-fitting clothing

Niagara County Cooling Center Locations:

- John A Duke Center: 1201 Hyde Park Blvd., Niagara Falls, 14301
 - Wednesday, Thursday and Friday 10:00 AM – 06:00 PM
- *Lockport Municipal Building: One Locks Plaza, Lockport, 14094
 - *Go to Lockport Police for access
- **North Tonawanda Fire Department: Various volunteer fire stations throughout the city
 - **Call first 716-693-2201
- Towns and Villages - Reach out to your local volunteer fire company for access and availability for cooling centers

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“We encourage the community to stay informed on how to avoid, spot and treat heat-related illness,” stated Mr. Stapleton. The most serious heat-related illness is heat stroke as it is a medical emergency, and 911 should be called immediately. Signs and symptoms include very high body temperature (above 103°F) red, hot, and dry skin (no sweating), a rapid strong pulse, throbbing headache, dizziness, upset stomach, confusion, and passing out. While waiting for medical assistance to arrive, move the person to a cool shady place, and apply wet sponges. Wrapped ice packs may be placed on the neck, wrists, ankles or armpits to help cool the body.

Heat exhaustion is often caused by overexertion in hot or humid temperatures and can quickly lead to heat stroke. Symptoms include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, upset stomach or vomiting and fainting. Move the person to a cool place, loosen clothing and apply cool wet cloths to the neck, face and arms. Water can be given every 15 minutes. However, if the condition worsens, medical attention may be warranted.

For more information on extreme heat, visit: <https://www.cdc.gov/disasters/extremeheat/index.html>. Stay up to date on local weather forecasts so you can prepare to enjoy a safe summer: <https://bit.ly/2ADvSaa>

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