



**EDWARD P. MANGANO**  
County Executive

**NASSAU COUNTY**  
**SPiN**

*A Crime Prevention Partnership*  
**SECURITY / POLICE INFORMATION NETWORK**



**THOMAS C. KRUMPTER**  
Acting Commissioner of Police

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**FOR WIDE DISTRIBUTION: Cooling Centers Open This Week**

In an effort to help Nassau County residents cope with high temperatures and humidity, Nassau County Executive Edward P. Mangano has announced that cooling centers will be open this week with the assistance of our partners in government.

"The combination of heat and humidity can become unbearable and dangerous for many of our residents," said County Executive Mangano. "I encourage residents to take precautions and visit one of our many cooling centers if they need relief from the heat."

Town of North Hempstead  
Yes We Can Center  
141 Garden Street, Westbury NY 8am-9pm Daily 516 869-6311

The Nassau County Department of Health also offers the following information for residents to protect themselves and others during high temperatures:

- Check on relatives and friends, especially the elderly.
- Increase time spent in an air-conditioned environment.
- Drink fluids – especially water. Avoid beverages that contain alcohol.
- Take cool baths.
- Individuals especially at risk, such as the elderly or those with chronic illnesses should refrain from physical activity, avoid being alone, keep their sleeping area well ventilated, and avoid falling asleep in a hot room.
- Eat light, but nutritious foods.
- Avoid the sun at the hottest times of the day.
- Wear a hat and light, loose-fitting clothing.
- Elderly people, infants, and many individuals with chronic medical conditions are at high risk for heat-related problems and should be very cautious about exposure.

If any person experiences heat stroke or exhaustion, get medical help immediately.

Symptoms of heat-related illnesses may include: headache, dizziness, fatigue, anxiety, nausea, vomiting, and low pulse rate. Other symptoms may include cold pale and clammy skin or hot, flushed dry skin.

Also as a reminder do not leave children or pets in cars. Even in cool temperatures, cars can heat up to dangerous temperatures very quickly. Anyone left inside is at risk for serious heat-related illnesses or even death. Even with the windows cracked open, interior temperatures can rise almost 20° F within the first 10 minutes. Children and pets who are left unattended in parked cars are at greatest risk for heat stroke, and possibly death. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children or pets who have fallen asleep in the car.

For more information, please contact the Nassau County Office of Emergency Management at (516) 573-9600.