



**United Way 2-1-1: Your source for information 24 hours a day, 7 days a week.**

## Extreme Heat Precautions and Local Cooling Centers

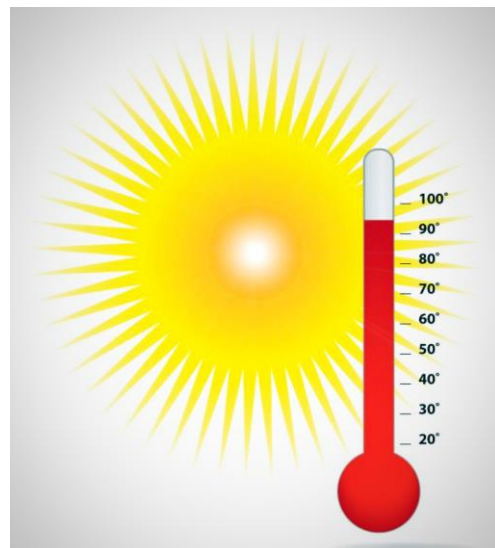
A heat wave is forecasted to impact Connecticut for the next several days. In a recent [press release](#), Governor Malloy offered residents some tips to beat the heat and reminded those in need to call 2-1-1 to locate a cooling center in their community.

Many Connecticut cities and towns open cooling centers or shelters during heat waves and extreme hot weather. 2-1-1 maintains an up-to-date listing of active cooling centers, including location information, hours of operation, and other pertinent details.

To locate a cooling center near you click [HERE](#) or dial 2-1-1 to speak with a contact specialist.

### Stay safe and beat the heat:

- Slow down, and avoid strenuous activity.
- Check on those most at-risk several times a day (infants, young children and older adults).
- Never leave children or pets alone in a closed vehicle.
- Drink plenty of water regularly and often, even if you don't feel thirsty.
- Take cool showers or baths.
- Stay indoors as much as possible.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Find an air-conditioned shelter. (Call 2-1-1 or click [HERE](#) for a list of cooling centers).



Additional safety tips and extreme heat related information can be found on 211ct.org's [Extreme Hot Weather Page](#) or in [2-1-1's Extreme Heat Precautions and Safety Tips eLibrary paper](#).

Call 2-1-1 or visit [www.211ct.org](http://www.211ct.org) for access to services and to stay informed during any extreme weather episode.

### About 2-1-1 Connecticut

2-1-1 Connecticut is a free health and human service information and referral service, with a continuously updated database of more than 4,000 agencies and 40,000 programs and services. Free, confidential assistance is available 24 hours a day, 7 days a week, every day of the year online at [211ct.org](http://211ct.org) and over the phone by dialing 2-1-1. 2-1-1 Connecticut has organizational accreditations from the Alliance of Information and Referral Systems (AIRS), and the contact center is certified by the American Association of Suicidology for crisis intervention.

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[2-1-1](#) | [2-1-1 Child Care](#) | [Care 4 Kids](#) | [Child Development Infoline](#) | [Connecticut ALICE Report](#)

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