



# DEPARTMENT OF FIRE SERVICES CITY OF TORRINGTON

111 Water Street Torrington, CT 06790

## **PRESS RELEASE**

FOR IMMEDIATE RELEASE: June 28, 2021

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The City of Torrington will be opening the following cooling centers starting Monday June 28, 2021:

Monday June 28, 2021  
through  
Wednesday June 30, 2021

Torrington City Hall Auditorium  
140 Main Street  
8am to 8 pm  
\*\*\* Masks and Social Distancing required\*\*\*

Sullivan Senior Center  
88 East Albert Street  
8 am to 4 pm  
\*\*\*60 and up Only\*\*\*  
\*\*\* Masks and Social Distancing required\*\*\*

We are asking everyone to take precautions during the forecast periods of extreme heat. The following guidelines are recommended:

- Never leave a child, adult, or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.
- Do not use electric fans when the temperature outside is more than 95 degrees, as this could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature
- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of heat-related illness.

Additional information and recommendations may be located at <https://www.ready.gov/heat>

