



## **ATTENTION SENIORS!**

**In case of extreme heat, please stay tuned to your local  
radio and television stations to hear if the  
National Weather Service  
issues an  
Excessive Heat Watch.**

**WHEN THERE ARE EXTREME TEMPERATURES,  
COME TO A COOLING SITE  
AND  
GET SOME RELIEF FROM THE HEAT!**

### **Participating Cooling Sites Include:**

#### **Mercer County Library Branches:**

**Ewing, Hickory Corner, Hightstown, Hopewell, Hollowbrook,  
Lawrence, Twin Rivers, Washington, and West Windsor**

#### **Senior Centers:**

**Hamilton, Ewing Township, Hopewell Valley, Jennye Stubblefield,  
Lawrence Township, Monsignor Lipinski, Princeton Senior  
Resource Center, Reading, Sam Naples, Washington Township.**

**For more information or to access your local Cooling Site,  
contact the  
Mercer County Office on Aging  
at  
1-877-222-3737**



**Brian M. Hughes  
County Executive**





**THE BEST DEFENSE AGAINST HEAT RELATED ILLNESS IS PREVENTION.**

**HERE ARE SOME TIPS TO HELP KEEP YOU SAFE THIS SUMMER:**

- **Increase your intake of non-alcoholic, non-carbonated, caffeine free and low-sugar beverages such as water, juice, or sports drinks.**
- **Wear lightweight, light-colored, and loose-fitting clothing.**
- **Avoid the outdoors and direct sun exposure during extreme heat. Limit any outdoor activity to early morning or evening hours.**
- **Stay in an air-conditioned environment when possible. County Cooling Sites like libraries and senior centers can offer relief if your home is not air-conditioned. Even a few hours spent in the air-conditioning can help your body stay cooler when you go back into the heat.**
- **Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses, and always remember to wear sunscreen. A broad spectrum or UVA/UVB sunscreen, SPF of 15 or higher, is most effective and recommended.**
- **Learn the facts and symptoms of heat related illness, like sunburn, heat cramps, heat exhaustion, heatstroke and sunstroke. Anyone can suffer from heat related illness, but those at greater risk include people over 65, and those with heart disease or high blood pressure.**

