

How to Stay Cool at Home

- Drink water
- Use fans, air conditioning, and stay in shady places
- Stay on lower levels and keep shades closed
- Wear lightweight, light-colored, loose-fitting clothing
- Use a cool, damp, cloth
- Avoid using the oven
- Avoid hot drinks and meals
- Go to air-conditioned public buildings like libraries



Vermont is getting hotter

And we're not prepared for it...

- Extreme heat is the leading weather-related cause of death in the U.S.
- Vermont **ER visits** for heat start when temperatures hit **87°F**
- VT is seeing more days over 87°F
- We're in the **most heat-sensitive** region of the U.S. for heat wave deaths
- VT ranks **5th lowest** in the U.S. for household air conditioning

We need to be **proactive** and **prepared** as temperatures rise

Heat alerts, cooling centers, and community outreach programs
save lives

Scan to go to
www.HealthVermont.gov/hot-weather for more
information

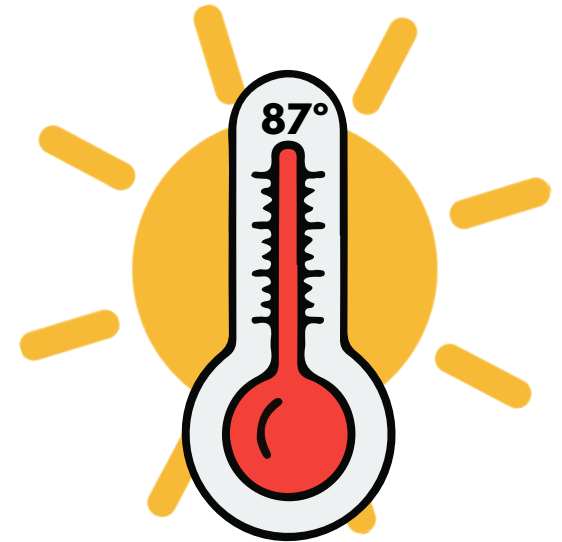


VERMONT
DEPARTMENT OF HEALTH



Town of
Hartford

Handling Summer Heat in Hartford



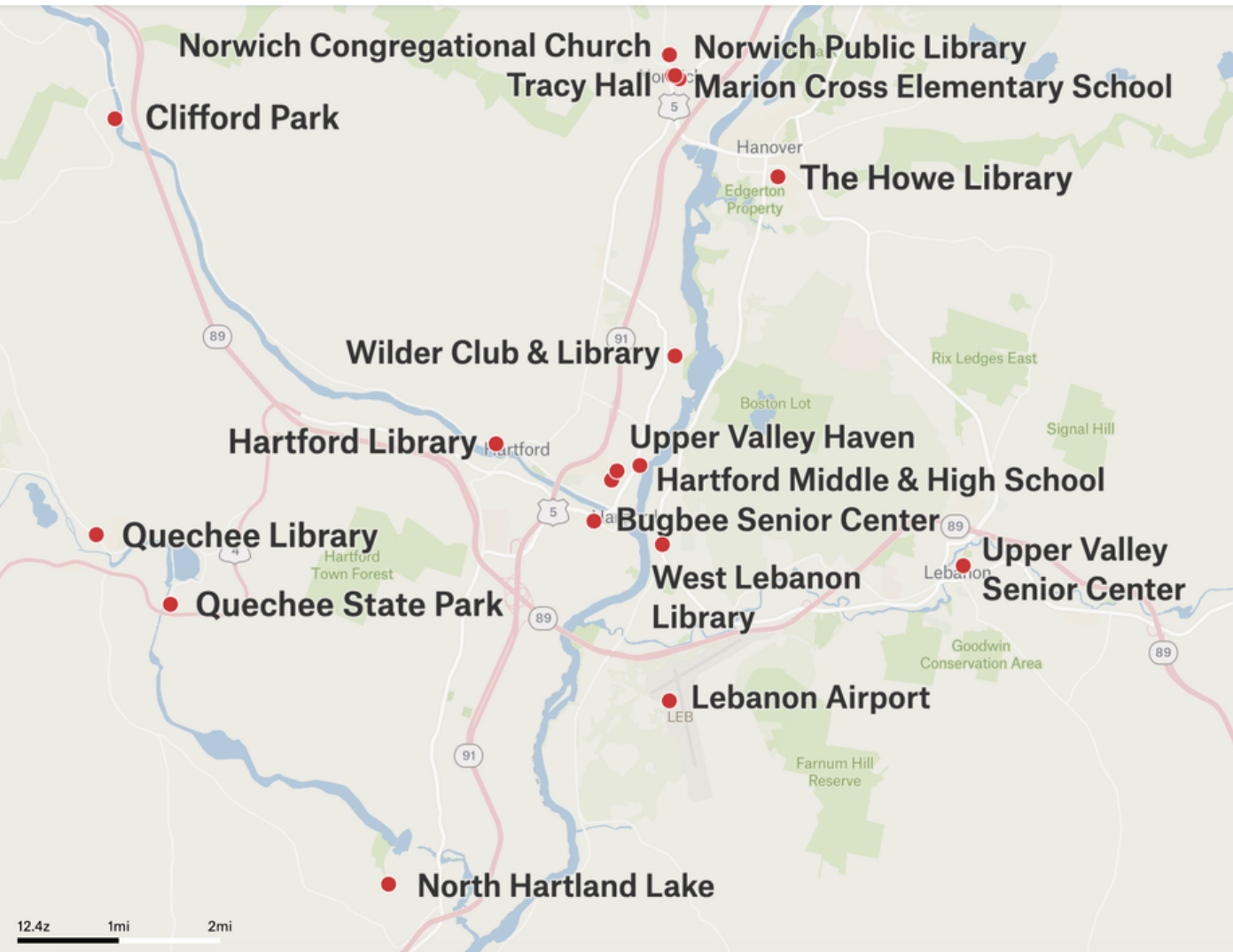
For information during
hot weather:

Call **211**

Bugbee Senior Center:
802-295-9068

for resources & support

Public Places to Cool Off



Indoor cooling sites - open regular hours

- Hartford Library: 802-296-2568
- Wilder Club and Library: 802-295-6341
- Norwich Public Library: 802-649-1184
- Queechee Library: 802-295-1232
- Bugbee Senior Center: 802-295-9068
- Howe Library: 603-643-4120
- Upper Valley Haven: 802-295-6500

Free recreation sites with water access

- Clifford Park
- North Hartland Lake

Occasional cooling facilities - call first

- Marion Cross Elementary School: 802-649-1703
- Tracy Hall: 802-649-1419
- Norwich Congregational Church: 802-649-1433
- Upper Valley Senior Center: 603-448-4212
- Lebanon Library: 603-298-8544
- Hartford Middle School: 802-295-8640
- Hartford High School: 802-295-8610
- Lebanon Municipal Airport: 603-298-8878

How to Get to Air Conditioning



DIAL-a-RIDE:

802-728-3773

This **FREE** program provides door-to-door transportation to many locations, including cooling centers

Am I eligible?

You are eligible if you are **any** of the following:

- 60 or older
- Living with an ADA disability
- On Medicaid

Not eligible?

Call the phone number above & ask about **Ridematch** for a fee