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

New Hampshire is getting hotter

And we're not prepared for it...

- Extreme heat is the leading weather-related cause of death in the U.S.
- ER visits in New England increase on days where the heat index is 95 degrees rather than 75 degrees
- NH's average number of days with a heat index over 90°F has doubled from 8 days a year to 15 days
- We're in the **most heat-sensitive** region of the U.S. for heat wave deaths

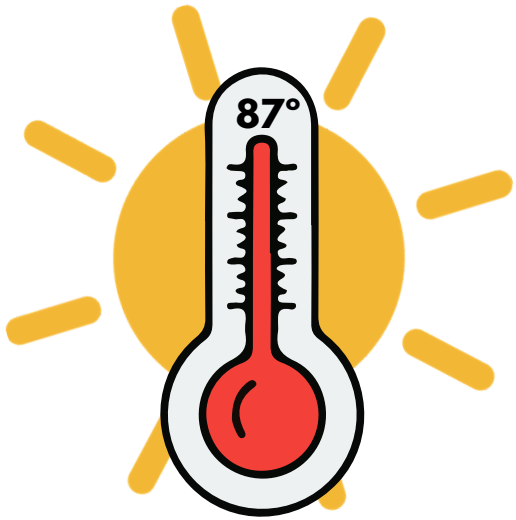
We need to be **proactive** and **prepared** as temperatures rise

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

Thank you to the Dartmouth students who originally prepared this pamphlet: Dylan Costello, Andrew Hermann, Benna McDermott, Lane Murray and Jadin Scott

Adapted by UVLSRPC
www.UVLSRPC.org
info@UVLSRPC.org

Handling Summer Heat in the Upper Valley, NH



For information during hot weather:

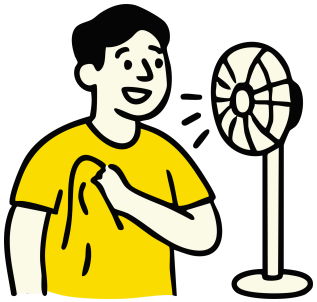
Call **211**

or your local community's town offices

Public Places to Cool Off

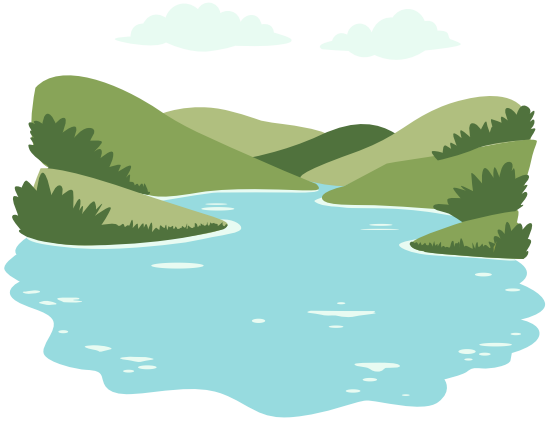
Occasional cooling facilities - call first

- Upper Valley Senior Center: 603-448-4212
- Lebanon Library: 603-298-8544
- Kilton Public Library: 603 298-8544
- Lebanon Airport: 603-298-8878
- Enfield Public Library: 603-632-7145
- Abbott Library: 603-763-5513
- Sunapee Safety Services: 603-763-5555
- Whipple Hall: 603-526-6401



Outdoor cooling sites -

- Lebanon Veterans Memorial Pool
- Storrs Pond
- Shakoma Beach
- Quechee Gorge
- Mt. Sunapee State Park
- Trues Brook Natural Area



Visit Readynh.gov/disasters/extreme-heat to learn more:

ReadyNH.gov TAKE ACTION. BE SAFE.

How to Get to Air Conditioning

Access AT

ADVANCE TRANSIT

This **FREE** program provides shared ride, curb-to-curb transportation services.

Am I eligible?

To find if you're eligible, complete an application, attend an in-person interview, and participate in an assessment

Call **(802) 295-1824** TTY 711 to request an application