



CITY OF CLEVELAND
Mayor Frank G. Jackson

From: **Office of the Mayor**

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City of Cleveland Extended Hours for Cooling Stations

CLEVELAND – Today, July 23, 2016, the City of Cleveland will keep two Recreation Centers open with extended hours to provide a location for people to go in order to keep cool during this warmer weather. The extended hours are until 11 p.m. tonight and from 10 a.m. until 10 p.m. on Sunday.

The two locations are:

On the West Side of Cleveland is Gunning Recreation Center located at 16700 Puritas Ave, Cleveland, OH 44135. You may contact the recreation center at (216) 420-7900.

On the East Side of Cleveland is Zelma Watson George Recreation located at 3155 Martin Luther King Jr Dr, Cleveland, OH 44104. You may contact the recreation center at (216) 420-8821.

Here are some tips to *Beat the Heat*:

- Stay hydrated – drink plenty of water even if you do not feel thirsty. Remember to avoid drinks with caffeine or alcohol
- Wear lightweight, light colored, loose-fitting clothing
- Don't forget sunscreen, wide-brimmed hats and sunglasses.
- Stay indoors – air conditioning is the best way to prevent heat related illness, especially for those who are 65 years or older, infants and children, and those with chronic medical conditions.
- Schedule outdoor activities outside of peak hours or rest often in the shade.
- Check on family, friends and neighbors who do not have air conditioning, who spend much of their time alone, or who are more likely to be affected by the heat.
- Do not leave children or pets in vehicle.
- Check on animals frequently. Make sure they have water and shade.

Go to our [blog](#) to learn more about how you can keep cool as the temperatures rise into the 90's.

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