

FOR IMMEDIATE RELEASE

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## **GLENDALE OFFERS RELIEF FROM THE HEAT AT MUNICIPAL BUILDINGS**

**GLENDALE, Ariz.** – When temperatures soar in Glendale, the city is offering several key facilities as points of refuge and hydration. These Glendale sites are open during business hours, 8 a.m. to 5 p.m. Monday through Friday:

- O’Neil Community Center, 6448 W. Missouri Ave.
- Glendale Adult Center, 5970 W. Brown St.
- Foothills Library, 19055 N. 57<sup>th</sup> Ave.
- Velma Teague Library, 7010 N. 58<sup>th</sup> Ave.
- Glendale CAP Office, 5949 W. Northern Ave.

If the excessive temperatures continue to persist and the requests for assistance become greater, more resources will be determined by the city’s Emergency Management Department. They also encourage the public, whether you’re a new resident to the Valley or a native, to stay alert to the dangers of the high seasonal temperatures and pay attention to heat index warnings issued through the media. In addition, the following tips can help to stay safe from heat-related illnesses:

- Do your daily exercise early, as well as yard work and avoid being outside during the hours between 11 a.m. and 6 p.m.
- Drink plenty of water before, during and after any outside activity. Stay hydrated.
- Limit soda, caffeine and alcohol during any outside activity.
- Wear a hat and apply sunscreen to prevent sunburn.
- Never leave children or pets inside of an unattended vehicle.
- Become familiar with the symptoms of heat exhaustion which include: nausea, general weakness, dizziness, and body cramps. Cooling off, preferably indoors and re-hydrating your body may relieve this condition.

For more information on the city’s response during excessive heat, call Glendale’s Emergency Management Department at 623-872-5000.

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