



EXTREME HEAT SAFETY TIPS

A heat wave is an extended period of extreme heat, and is often accompanied by high humidity. These conditions can be dangerous and even life-threatening for people who do not take the proper precautions.



Make sure your home is well insulated. Cover windows that receive morning or afternoon sun with drapes, shades and awnings.



Never leave children or pets alone in a closed vehicle.



Drink plenty of water, even if you do not feel thirsty.



Eat small meals and eat more often.



Avoid strenuous activity. Stay inside as much as possible.



Watch for signs of heat stroke and heat exhaustion.

CITY OF DECATUR COOLING CENTERS

Decatur Recreation Center
231 Sycamore St.

Open Monday-Friday
9 a.m. to 5 p.m.
404-377-0494

Fire Station One, 230
E. Trinity Pl.

Open 7 days a week
9 a.m. to 7 p.m.
404-373-5092

Fire Station Two
356 W. Hill St.

Open 7 days a week
9 a.m. to 7 p.m.
404-378-7611