



OFFICE OF THE NASSAU COUNTY EXECUTIVE  
1550 FRANKLIN AVENUE • MINEOLA, NEW YORK 11501

FOR IMMEDIATE RELEASE: June 29, 2018  
CONTACT: Executive Press Office 516-571-4225

## CURRAN ANNOUNCES COOLING CENTERS ARE OPEN

Mineola, NY – With high temperatures and humidity impacting the region, and an upcoming heat wave expected, Nassau County Executive Laura Curran announced that cooling centers will be open to the public.

“With the temperature set to rise, the combination of heat and humidity can become unbearable and dangerous for many of our residents,” said County Executive Curran. “I encourage all residents to take precautions and visit one of our cooling centers if they need relief from the heat.”

The following cooling centers – offered by Nassau County – will be open from 10:00a.m-6:00p.m:

- **Mitchel Field Complex** – 1 Charles Lindbergh Blvd., Uniondale - 516-572-0400
- **Wantagh Park Community Center** – 1 King Road, Wantagh – 516-571-7460
- **Grant Park** – 1625 Broadway, Hewlett – 516-571-7821
- **Cantiague Park**– 480 West John St., Hicksville—516- 571-7058

The following cooling centers—offered by Town of Oyster Bay—will be open during normal park operating hours:

- **Bethpage Ice Center** – 1001 Stewart Ave, Bethpage – 516-433-7465
- **SYO Woodbury Ice Rink** – 7900 Jericho Tpke, Woodbury – 516-677-5990
- **Marjorie Post Rink** – 451 Unqua Rd, Massapequa – 516-797-7990

The following cooling centers—offered by Town of Hempstead—will be open from 9:00a.m-4: 45p.m:

- **Baldwin Senior Center** – 1810 N. Grand Ave., Baldwin – 516-546-7110
- **Bellmore Senior Center** – 2000 Bellmore Ave., Bellmore – 516-221-9696
- **Cedarhurst Senior Center** – 200 Cedarhurst Avenue, Cedarhurst – 516-295-1177
- **Elmont Senior Center** – 138 Elmont Rd., Elmont – 516-354-4777
- **Franklin Square Senior Center** – 1182 Martha Pl. Franklin Square – 516-328-3010
- **Green Acres Senior Center** – 400 Flower Rd., Valley Stream – 516-872-8810
- **Levittown Senior Center** – 555 N. Newbridge Rd., Levittown – 516-433-5454
- **Merrick Senior Center** – 2550 Clubhouse Road, Merrick – 516-868-4777
- **Oceanside Senior Center** – 2900 Rockaway Ave., Oceanside – 516-766-8888
- **Rosa Parks Senior Center** – 2 Babylon Tpke., Roosevelt – 516-867-1612
- **Salisbury Senior Center** – 460 Salisbury Park Drive, Westbury, 516-333-5440
- **Uniondale-Hempstead Senior Center** – 840 Uniondale Ave., Uniondale 516-292-1313
- **Uniondale-Merrick Senior Center** – 750 Jerusalem Ave., Uniondale 516-538-5050
- **Wantagh Senior Center** – 1150 Seamans Neck Rd., Wantagh 516-785-8505

The following cooling centers— offered by Town of North Hempstead—will be open during normal operating hours:

- **Yes We Can Community Center** – 141 Garden St., Westbury - 516-869-6311
- **Clinton G. Martin Park** – 1601 Marcus Ave., New Hyde Park - 516-869-6311
- **Michael J. Tully Park** – 1801 Evergreen Ave, New Hyde Park - 516-869-6311

The Nassau County Department of Health also offers the following information for residents to protect themselves and others during high temperatures:

- Check on relatives and friends, especially the elderly.
- Increase time spent in an air-conditioned environment.
- Drink fluids – especially water. Avoid beverages that contain alcohol.
- Take cool baths.
- Individuals especially at risk, such as the elderly or those with chronic illnesses should refrain from physical activity, avoid being alone, keep their sleeping area well ventilated, and avoid falling asleep in a hot room.
- Eat light, but nutritious foods.
- Avoid the sun at the hottest times of the day.
- Wear a hat and light, loose-fitting clothing.

Elderly people, infants, and many individuals with chronic medical conditions are at high risk for heat-related problems and should be very cautious about exposure. If any person experiences heat stroke or exhaustion, get medical help immediately.

Symptoms of heat-related illnesses may include: headache, dizziness, fatigue, anxiety, nausea, vomiting, and low pulse rate. Other symptoms may include cold pale and clammy skin or hot, flushed dry skin.

Also as a reminder do not leave children or pets in cars. Even in cool temperatures, cars can heat up to dangerous temperatures very quickly. Anyone left inside is at risk for serious heat-related illnesses or even death. Even with the windows cracked open, interior temperatures can rise almost 20° F within the first 10 minutes. Children and pets that are left unattended in parked cars are at greatest risk for heat stroke, and possibly death. When leaving your car, check to be sure everyone is out of the car. Do not overlook any children or pets that have fallen asleep in the car.

For more information, please contact the **Nassau County Office of Emergency Management** at (516) 573-0636.

###