

CITY OF PATERSON
THE HONORABLE JOSE ‘JOEY’ TORRES, MAYOR
DEPARTMENT OF HEALTH & HUMAN SERVICES

COOLING SITES INFO –SUMMER 2016

When outside temperatures climb into the high 90s and higher for a period of several days or even weeks, this prolonged period of excessive heat is known as a **“heat wave.”** The following are sites where you may want to go to cool down for a couple of hours:

- **South Paterson Library” is located at 930 Main Street: CALL BEFORE YOU GO—973-357-3020;**
- **Totowa Branch Library is located at 405 Union Ave: CALL BEFORE YOU GO—973-942-7198;**
- **Main Library – is located at 250 Broadway: CALL BEFORE YOU GO – 973.321.1223**
- **Division of Senior Services – Riverside Vets is located at 165 5th Ave: CALL BEFORE YOU GO—973-653-5932;**

Perhaps you can also cool down while window shopping at Center City Mall located at 301 Main Street or visit your local churches, movie theaters, etc.

Steps to survive a heat wave:

A cool shower is an effective way to cool off...

Stay hydrated: be sure to drink lots of fluids, especially water and avoid caffeine.

Never leave children or pets in parked cars, even for brief periods of time;

Check on neighbors, family, and friends, especially those who are elderly, sick, or not able to take care of themselves without assistance and those who live alone.

Stay Safe and Enjoy the Summer Season!