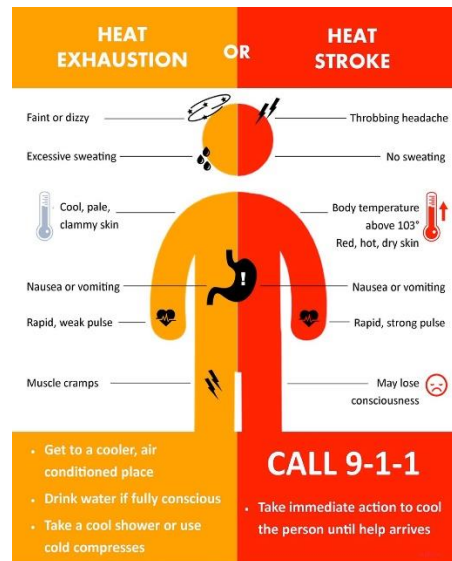


**Beat the Heat in Smithfield!**  
**Hot and humid weather will stick around for much of this week and we have activated our Extreme Heat Plan**

The National Weather Service has issued a HEAT ADVISORY from 11am to 8pm today. Heat index (air temperature + humidity = feel like temperature) values will climb well into the 90s.

Most vulnerable to extreme heat are persons who are very young, the elderly and individuals who are medically fragile. However, anyone can become sick because of too much heat. If out in the heat, remember to rest often, seek shade and remain hydrated with non-alcoholic and non-caffeinated beverages.

This graphic helps to identify a heat related medical emergency.



Here are some ways to Beat the Heat in Smithfield

**Cool off at the beach:**

- Georgiaville Pond Beach; 22 Stillwater Road ▪ open from 10am to 6pm daily

**Cooling Centers are activated:**

When extreme heat conditions exists, local facilities are activated as cooling centers. Cooling centers are public facilities that are air conditioned and will allow individuals to cool off and rest. No other activities beyond providing relief from the heat are planned at these sites:

- Smithfield Senior Center; 1 William J Hawkins Trail ▪ open from 9am to 4pm
- Smithfield Municipal Ice Rink; 109 Pleasant View Avenue ▪ open from 9am to 11pm