

## Harford library branches to serve as cooling centers

By Aegis Staff

Harford County is opening “cooling centers” at library branches due to forecasted excessive temperatures in the region this week.

The heat index in Harford County is expected to be over 105 degrees Tuesday and Wednesday, according to the National Weather Service. The heat index is what the temperature feels like to the human body when relative humidity is combined with the air temperature, according to

the NWS.

The Harford County Department of Emergency Services, in cooperation with Harford County Public Library and the Harford County Health Department, plan to offer cooling centers at library branches Tuesday and Wednesday.

The following branches will be open from 10 a.m. to 8 p.m., both days:

- Aberdeen — 21 Franklin St., Aberdeen
- Abingdon — 2510 Tollgate Road, Abingdon
- Bel Air — 100 E. Pennsylvania Ave., Bel Air

- Darlington — 3535 Conowingo Road, Street
- Edgewood — 629 Edgewood Road, Edgewood
- Fallston — 1461 Fallston Road, Fallston
- Havre de Grace — 120 N. Union Ave., Havre de Grace
- Jarrettsville — 3722 Norrisville Road, Jarrettsville

- Joppa — 655 Towne Center Drive, Joppa
- Whiteford — 2407 Whiteford Road, Whiteford

In addition to respite from the heat, the cooling centers can be used to charge electronic devices in

the event of a power outage.

■ During periods of extreme heat, the Harford County Department of Emergency Services encourages residents to follow these safety guidelines:

■ Stay indoors as much as possible and limit sun exposure.

■ If you do not have air conditioning, open windows and use a fan.

■ Drink plenty of water and avoid strenuous activity.

■ Never leave children or pets alone in a closed vehicle.

■ Check on elderly neighbors and other vulnerable citizens.

■ Keep pets hydrated with access to shelter.

More information is on the county website at <https://www.harfordcountymd.gov/1980/Extreme-Heat>.

According to a news release from the county government, heat illness takes many forms, including fatigue, sudden dizziness after exercising in the heat, cramps, heat exhaustion or the most serious, heat stroke.

Heat stroke is an

advanced form of heat stress that occurs when the body is overwhelmed by heat and unable to control its temperature. A person with a body temperature above 104 degrees is likely suffering from heat stroke and may have symptoms of confusion, combativeness, a strong rapid pulse, lack of sweating, dry flushed skin, faintness, staggering, possible delirium, or coma. Individuals with any of these symptoms, especially older adults, should receive immediate medical attention.