



Cumberland County Commissioners Office

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Press Release

FOR IMMEDIATE RELEASE

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Heat Continues: Stay Safe, Check on Seniors, and Cool off at County Libraries

Carlisle, PA – As the temperatures continue to soar in Central PA, the Cumberland County Department of Public Safety and Office of Aging & Community Services urge all residents to stay safe. The heat is especially dangerous to older adults who should take precautions to avoid illness.

“We urge all residents to avoid long exposure in the heat to combat heat stroke and heat exhaustion, said Robert Shively, Jr. Public Safety Director. “Heat related illnesses can occur within a short amount of time.”

Tips for staying safe:

- Avoid long periods in the sun; wear lightweight, light-colored, loose clothing and eat frequent small meals. Drink plenty of water to stay hydrated but avoid alcohol and caffeine.
- Avoid doing strenuous activities especially during the hottest part of the day.
- Use air conditioners to cool the air and fans to circulate air.
- Take a cool bath or shower to cool off.

“Older adults face an even greater threat from the heat because of physiological changes and possible reactions to medications, as some can interfere with the body’s natural cooling system,” said Ann Huff, director of the Cumberland County Office of Aging and Community Services. “Neighbors and family should check on seniors to making sure they are in a cool area and staying hydrated.”

County Libraries being used as cooling centers:

- Amelia Givin Library, 114 N. Baltimore Ave., Mt. Holly Springs
- Bosler Memorial Library, 158 W. High St., Carlisle
- Coy Public Library, 73 W. King St., Shippensburg
- Fredricksen Library, 100 N. 19th St., Camp Hill
- New Cumberland Library, 1 Benjamin Plaza, New Cumberland
- Simpson Library, 16 N. Walnut St., Mechanicsburg

Residents are asked to contact libraries for hours and masking policies or visit:

https://www.cumberlandcountylibraries.org/Locations_and_Hours. Cumberland County residents 60 or better who need assistance in a heat related emergency can contact the Cumberland County Aging & Community Services at 717.240.6110, after hours contact Cumberland County 9-1-1.

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