

The National Weather Service is forecasting a multi-day heat wave starting on Wednesday, July 16, 2025, and continuing at least through Saturday, July 19, 2025. In addition to 90+ degree temperatures, the heat index could range from 100-105 degrees from Monday through Wednesday. This will approach the excessive heat warning criteria, which is 105 degrees. The Town of Bethany Extreme Hot Weather Protocol is enacted at this time and we are monitoring the situation.

If you have an air-conditioning failure or do not have air conditioning, try to find an air-conditioned location. You can also call 2-1-1 for a list of cooling centers. Do not rely on a fan as your primary cooling device. The Clark Memorial Library at 538 Amity Road will be open on Tuesday: 10:30 AM - 7 PM and Wednesday: 10:30 AM - 7 PM and welcomes the town residence if they need to come in and cool off.

If you or someone you are with is experiencing heat exhaustion or they show signs of heatstroke such as confusion, loss of consciousness, or seizures, not able to drink, or a core body temperature of 104 degrees CALL 911 IMMEDIATELY. Heatstroke is a medical emergency, and swift action is crucial to prevent serious complications. While heat exhaustion can often be managed with rest and cooling measures, it can progress to heatstroke if not addressed promptly. Don't take a chance CALL 911.

Please beware of the following:

Although anyone can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People 65 years of age or older may not compensate for heat stress efficiently and are less likely to sense and respond to change in temperature.
- People who are overweight may be prone to heat sickness because of their tendency to retain more body heat.
- People who overexert during work or exercise may become dehydrated and susceptible to heat sickness.
- People who are physically ill, especially those with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

Some prevention tips to stay safe in extreme heat include:

- Keep your body temperature cool to avoid heat-related illness.
- Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.
- Find an air-conditioned location. (Call 2-1-1 for a list of cooling centers.) Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.

- Take cool showers or baths.
- Check on those most at-risk several times a day.
- Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.
- Never leave pets inside of parked vehicles because temperatures can soar to life-threatening levels within minutes.

Everyone is also reminded to stay hydrated during periods of extreme heat. As we lose fluid through sweat, dehydration is common during very high temperatures.

It is strongly encouraged to:

- Drink more water than usual.
- Don't wait until you're thirsty to drink more fluids.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.