



**FOR IMMEDIATE RELEASE**

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Emergency Services

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## **County Offers Cooling Stations To Help Residents Cope with Dangerously High Temperatures this Week**

FAYETTEVILLE, N.C. – In response to dangerously high temperatures this week, Cumberland County has opened selected buildings as cooling stations for residents who do not have access to air conditioning.

The National Weather Service has issued a Heat Advisory today from noon to 8 p.m. with heat index values from 105-109 degrees and an Excessive Heat Watch from Tuesday afternoon through Tuesday evening with heat index values of 112 degrees. Temperatures will stay in the upper 90s the remainder of the week.

The **Department of Social Services, located at 1225 Ramsey St.**, has opened the auxiliary lobby as a cooling station. Hours are 7:30 a.m. to 5 p.m. The lobby is on the first floor waiting area by the reception desk. Masks or face covering are optional. However, mask wearing, and social distancing are encouraged.

The first-floor lobby of the **Cumberland County Department of Public Health, located at 1235 Ramsey St.**, is open from 8 a.m. to 5 p.m. Anyone entering the Health Department is required to wear a mask and receive a temperature scan. Masks will be provided to anyone who does not have one.

All eight **Cumberland County Public Libraries** are open as cooling stations. Libraries are open Monday, Tuesday and Thursday from 9 a.m. to 7 p.m. and Wednesday, Friday and Saturday from 9 a.m. to 6 p.m. Headquarters Library at 300 Maiden Lane, Fayetteville, is also open Sundays from 2 to 6 p.m. To find your local library, go to [cumberlandcountync.gov/departments/library-group/library](http://cumberlandcountync.gov/departments/library-group/library).

The 18 Fayetteville-Cumberland Parks and Recreation centers are open to the public, year-round, during normal operating hours and can be used by residents as respite from the heat. Recreation center locations, hours, contacts and programming schedules are posted at [fcpr.us/facilities/recreation-centers/](http://fcpr.us/facilities/recreation-centers/).

Extreme heat and humidity will significantly increase the potential for heat-related illnesses, particularly for those working in outdoor activities. Cumberland County Emergency Services reminds residents to take precautions during the hot weather. Drink plenty of fluids, stay in an air-conditioned room, stay out of the sun, avoid strenuous work, check on relatives and neighbors, never leave children or pets unattended in vehicles under any circumstances.

Stay informed about information and alerts by visiting the County's website at [cumberlandcountync.gov](http://cumberlandcountync.gov) or County social media pages at [facebook.com/CumberlandNC](https://facebook.com/CumberlandNC), [facebook.com/CumberlandCountyNC911](https://facebook.com/CumberlandCountyNC911) and [twitter.com/CumberlandNC](https://twitter.com/CumberlandNC).