



**CITY OF CLEVELAND**  
Mayor Frank G. Jackson

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**FOR IMMEDIATE RELEASE:**

**June 29, 2018**

## **City Encourages Residents to Visit City Pools & Spray Basins as Temps Rise Above 90 Degrees**

**CLEVELAND** - The City of Cleveland reminds residents to take extra caution as temperatures are expected to rise above 90 degrees this weekend. The National Weather Service forecasts a high temperature of 88 degrees on Friday, a high of 94 degrees on Saturday and a high of 92 degrees on Sunday.

City outdoor pools are normally open Wednesdays through Sundays. Indoor pools are open Mondays through Saturdays. Outdoor pools will remain open Monday and Tuesday if temperatures rise to 85 degrees or higher. Spray basins will be open and remain open if the temperature is 80 degrees or higher [Click here for a list of indoor and outdoor pool locations](#).

Here are some additional tips for staying safe in the heat:

- Stay hydrated! Drink plenty of water and avoid caffeine.
- Wear loose-fitting, light-colored clothes during hot weather.
- Cover your head with a hat and use sunscreen to protect yourself from the sun's rays.
- Keep cool in the shade. If you don't have air-conditioning, visit cool areas like a recreation center or library on high heat days. [Click here for a list of summer recreation center activities](#).
- Always check on friends and neighbors, especially those who are seniors or have young children. [Click here to download the Department of Aging's summer heat booklet](#) for more senior tips.
- Keep an eye on pets! Make sure pets have access to plenty of shade and have plenty of water. Be careful when walking pets on asphalt, as sensitive pet paws can be burned on hot surfaces.
- Never leave children or pets alone in vehicles.

**Recognize the Signs of Heat Exhaustion and Heat Stroke**

- Symptoms of **heat exhaustion** include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or fainting. People experiencing these symptoms should be moved to a shady or air-conditioned area. Remove or loosen tight clothing and apply cool, wet clothes or towels. Have person sip on a half glass of cool water every 15 minutes. If the person refuses water, vomits or loses consciousness, call 9-1-1 or the local emergency number.
- **Heat stroke** is a life-threatening situation. Call 9-1-1 immediately. Symptoms include: a body temperature of 103 degrees or higher, red, hot and dry skin with no sweating, rapid pulse, headache, dizziness, nausea, confusion, unconsciousness and gray skin color. Before medical help arrives, begin cooling the person by any means possible, such as spraying person with water from a garden hose or by placing the person in a cool tub of water.

### **About the City of Cleveland**

The City of Cleveland is committed to improving quality of life its residents by strengthening neighborhoods, delivering superior services, embracing diversity and making Cleveland a desirable, safe city in which to live, work and play. For more information on the City of Cleveland, visit online at [www.city.cleveland.oh.us](http://www.city.cleveland.oh.us), Twitter at [@cityofcleveland](https://twitter.com/cityofcleveland) or Facebook at [www.facebook.com/cityofcleveland](https://www.facebook.com/cityofcleveland).

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