



News Release

For Immediate Release:

June 9, 2020 (8:10 am)

### **County of Brant Opens a Temporary Cooling Centre**

**County of Brant, ON** – The County of Brant will be operating a temporary Cooling Centre when a heat advisory is issued from the Brant County Health Unit.

The Centre will be located in the lobby of the Syl Apps Community Centre and will operate daily 10:00 am – 4:00 pm for the duration of the heat advisory.

Due to the COVID-19 pandemic and in an effort to protect the community's well-being and safety, staff and public will be required to follow both physical distancing and hygiene protocols. For more information, visit [www.brant.ca/CoolingCentre](http://www.brant.ca/CoolingCentre).

County of Brant residents are reminded to take caution when a heat advisory is in effect.

Extreme heat can make you sick with:

- heat stroke
- heat rash
- heat cramps

If you feel dizzy, weak or overheated:

- go to a cool place;
- sit or lie down;
- drink water;
- wash your face with cool water.

If you don't feel better soon, seek medical help immediately. For more information on how to prevent heat related illnesses, visit [www.brant.ca/emergencyplanning](http://www.brant.ca/emergencyplanning).

Please do your part to prevent the spread of COVID-19 in the County of Brant. Practice physical distancing, wash your hands often and wear a mask when physical distancing may be difficult. We all have a role in play to keep our community safe.

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