

# SUMMER WEATHER GUIDE

## Heat | Hurricanes | Resources

### Heat Wave Info

The Providence area averages 8 days per year of 90 or above.

A "Heat Wave" is defined as 3 consecutive days with temps 90 or higher.

We have three designated "Cooling Centers", both libraries and our Senior Center.

### Hurricane Info

Visit our Facebook Page for emergency updates and shelter information.

The EP Senior Center serves as an emergency shelter for our community members.

### Resources

**Senior Center:** 401-435-7800

**National Grid:** 800-322-3223

**FEMA:** [www.fema.gov](http://www.fema.gov)

**Red Cross:** [redcross.org/local/ri](http://redcross.org/local/ri)

**RIEMA:** [www.riema.ri.gov](http://www.riema.ri.gov)

**Library:** 401-434-2453

**City Hall:** 401-435-7500

**National Hurricane Center:**  
[www.nhc.noaa.gov](http://www.nhc.noaa.gov)



## Heat Related Safety Rules

- Slow down and reduce strenuous activity
- Drink plenty of water, non-alcoholic & decaf fluids
- Never leave children, disabled adults, or pets in parked vehicles.
- Wear lightweight, light colored clothing.
- Spend time in air conditioned places.



### Contact Information

**Facebook:** [www.facebook.com/EastProvEMA](http://www.facebook.com/EastProvEMA)

**Facebook:** [www.facebook.com/CityofEastProv](http://www.facebook.com/CityofEastProv)

**Twitter:** [www.twitter.com/EastProvEMA](http://www.twitter.com/EastProvEMA)

**National Weather Service Forecast:** [www.weather.gov/box](http://www.weather.gov/box)

**East Providence EMA: (401) 435-7500 ext. 11151**

**Take Action, Be Prepared!**