



Columbus, Georgia

Georgia's First Consolidated Government

P. O. Box 1340, Columbus, Georgia 31902-1340

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Extreme Heat Conditions Expected, Cooling Options Available at Columbus Parks & Recreation Facilities

[Columbus, Georgia] – According to Emergency Management officials, the National Weather Service is forecasting prolonged periods of extreme heat, with heat index values expected to exceed 105 degrees over the coming days and possibly weeks. These conditions significantly increase the risk of heat-related illnesses, including heat exhaustion and heat stroke.

Residents who need relief from the heat are encouraged to visit Columbus Parks and Recreation facilities during normal business hours. Most facilities are open Monday through Friday from 11:00 a.m. to 7:00 p.m., with limited hours available on Saturdays. Community members are welcome to come inside, cool down, and stay safe during these high-temperature periods.

Tips to Stay Cool and Beat the Heat

1. Drink plenty of water, even if you do not feel thirsty. Avoid alcohol and sugary drinks.
2. Limit outdoor activities, especially during the hottest part of the day (typically 11 a.m. – 5 p.m.).
3. Wear lightweight, loose-fitting clothing and use sunscreen.
4. Never leave children, pets, or vulnerable individuals in a parked vehicle, even for a short time.
5. Check on neighbors, family members, and others who may be more susceptible to heat.
6. If you begin experiencing symptoms such as dizziness, nausea, rapid heartbeat, or confusion, seek shade immediately and call for medical assistance if necessary.

City officials urge all residents to take this extreme heat seriously and use available cooling resources to remain safe.

For additional information on facility locations and Saturday operating hours, please visit <https://parks.columbusga.gov/Facilities-Centers/Recreation-Centers> or contact their administrative office during business hours at (706) 225-4658.

For More Information, Contact:

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