

## Extreme Heat Shelter

Age Requirements

No Age Requirement

Family

Yes

Intake Process

Call for information

Report Problems

Call the Agency

HELP, Inc.

<http://www.helpushelpu.org/>

<https://www.helphampton.org/extreme-heat>

<https://www.facebook.com/HELPHampton/>

Main

(757) 727-2577

1320 Lasalle Avenue

23669 VA

United States

Monday: 9:00 am-5:00 pm

Tuesday: 9:00 am-5:00 pm

Wednesday: 9:00 am-5:00 pm

Thursday: 9:00 am-5:00 pm

Friday: Closed

Saturday: Closed

Sunday: Closed

Additional Availability Comments

Administrative hours are Monday - Thursday 9 am until 5 pm. Clinic hours by appointment.

Fee Structure

No Fee

Languages Spoken

English

A Temporary Cooling Center is set up on days where the National Weather Services designates "Extreme Heat" advisories. Some days the temperature is in excess of 95 degrees and the humidity makes air temperatures feel well over 100 degrees. The Weather Service advises people to stay in air-conditioning if possible. If you must be outside, wear lightweight and loose-fitting clothing, take frequent breaks in the shade and drink plenty of fluid.

On Extreme Heat days, HELP opens a cooling center to ensure that homeless individuals are hydrated, safe and cool. The following place is scheduled to be open. Please call to confirm place and time.

- HELP Day Center, 329 Buckroe Avenue (Bus Routes 109 and 115)

Service Area(s)

Hampton City

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Newport News City