MEDIA RELEASE

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To: All Media

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For Immediate Release

COOLING CENTERS OPEN DURING HIGH HEAT CONDITIONS

Peoria City/County Health Department advises residents to take precautions during extremely high temperatures. During a heat wave, individuals who have no access to a cool environment should use cooling centers for relief from the heat. Heat related injuries such as heat exhaustion, heatstroke, and dehydration may develop with or without feelings of discomfort. Young children, particularly infants, and older adults are extremely sensitive to heat and can easily become dehydrated and lose more body fluids than usual.

Cooling Centers in Peoria include the following:

- Department of Human Services (DHS), 211 Fulton, Suite 300, M-F 8:30AM-5PM
- Friendship House, 800 NE Madison (corner of Madison & Wayne), M-F 8:30AM-5PM
- Dream Center Peoria, 714 Hamilton, 24/7: women, children, families, single parenting fathers
- CityLink Transit Center, 407 SW Adams, M-F 6AM-12:30AM, Sat 7AM-10PM, Sun 8AM-7PM
- Peoria City Hall, 419 Fulton, M-F 8AM-5PM
- City of Peoria Fire Stations, 7am-9pm daily, when staff are not answering a fire call
- Peoria Police Station Lobby, 24/7 during extreme temperatures

To prevent heat related injuries during hot weather, take the following measures:

- Try to stay cool, preferably in an air conditioned area and wear light-colored, loose clothing.
- Limit outdoor activities and avoid vigorous physical activities in hot and humid weather.
- Take frequent breaks and drink plenty of water, regardless of your activity level. Don’t wait until you’re thirsty to drink.
- Avoid liquids that contain caffeine, alcohol or large amounts of sugar that cause loss of body fluids.

Remember your children, neighbors and pets:

- Don't leave children, elderly, or pets inside a parked vehicle, even for a few minutes. Hotspots develop, even with the windows rolled down.
- Check in with family, friends, and neighbors who may be affected by extremely high heat.
- Take care of your pets. Give extra water and be sure to place the water dish in a shaded area if outdoors. Make sure pets have a protected place where they can get away from the sun.

Cooling Resources:

- Call 2-1-1 Heart of Illinois Resource Phone Number or (309) 999-4029 or visit www.211hoi.org/
- Direct link to Central Illinois Cooling Centers Map: http://peoriacountygis.maps.arcgis.com/apps/Directions/index.html?appid=c7c8d944ff9643d4ad25a46e3b281699
- State of Illinois, Illinois Department of Human Services cooling sites (800)843-6154 or https://www2.illinois.gov/sites/KeepCool/sitepages/coolingcenters.aspx

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