MEDIA RELEASE

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To: All Media
From: Peoria City/County Health Department
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For Immediate Release

REGIONAL 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.

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.

Some cooling centers in the region 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 parent 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
- Peoria Police Station Lobby, 24/7 during extreme temperatures
- Woodford County Courthouse lobby
- See map link below for additional cooling centers in the region

Additional cooling resources in the region:

- 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: https://peoriacountygis.maps.arcgis.com/apps/webappviewer/index.html?id=9a4c2846e89248faa007992e92a31a0f for a map listing of the locations throughout the region.
- State of Illinois, Illinois Department of Human Services cooling sites (800)843-6154 or https://www2.illinois.gov/sites/KeepCool/sitemap/coolingcenters.aspx

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