MEDIA RELEASE

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To: All Media
From: Peoria City/County Health Department
Contact: Diana Scott
Phone: 309/679-6603

For Immediate Release

COVID-19 AND HIGH HEAT CONDITIONS

Peoria City/County Health Department advises residents to take precautions during extremely high temperatures. During the current COVID-19 situation, with many buildings closed as gathering places or at reduced business capacity, individuals may need to use state facilities as cooling centers for relief from the heat.

State facilities to be available as cooling centers:
- Peoria County: Department of Human Services (DHS), 211 Fulton, Suite 300, Peoria, M-F 8:30AM-5PM
- Tazewell County: Department of Human Services (DHS), 200 S. Second St., Suite 20, Pekin, M-F 8:30AM-5PM
- Tazewell County: Department of Human Services (DHS), 2970 Court St, Sunset Plaza, Pekin, M-F 8:30AM-5PM

Additional cooling resources:
- Call 2-1-1 Heart of Illinois Resource Phone Number or (309) 999-4029 or visit www.211hoi.org/
- State of Illinois, Illinois Department of Human Services cooling sites (800)843-6154 or https://www2.illinois.gov/sites/KeepCool/sitepages/coolingcenters.aspx

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.

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