



Extreme heat and high humidity can be dangerous to anyone, but particularly to the elderly, infants and young children, persons with disabilities and people on medication for chronic health problems. Here are some common sense tips for handling the heat:

- Drink lots of water and natural juices; avoid alcoholic beverages, coffee and colas.
- Avoid going out in the blazing heat if possible.
- Keep shades drawn and blinds closed, but windows slightly open.
- Keep electric lights off or turned down.
- Take cool baths or showers; use cool towels.
- Stay in air conditioning at home or at a cooling center.
- Wear loose, light cotton clothing.
- Do not eat heavy meals; avoid using cooking ovens.
- Avoid or minimize physical exertion.
- Do not let anyone sit in a hot car, even of a few minutes.
- Check on family members, friends and neighbors.

If you or anyone you know needs emergency medical attention, call 911.

- It is against the law to open a fire hydrant. If you see an opened hydrant, report it to 311 immediately. An opened hydrant hinders the Fire Department's ability to fight fires, reduces water pressure in your home and may cause basement flooding. An opened hydrant is a very dangerous place for children to play.



Highlights of the Heat Warning response include:

- Extended hours at City cooling centers and Park District beaches, pools and water parks.
- Transportation to cooling centers for those in need.
- "Well-being" checks conducted by the Police Department and other city agencies.
- On-site visits to nursing homes to determine resident safety.
- Extra tow trucks to help motorists stranded in overheated vehicles.
- Suspending water service cut-offs for non-payment of bills whenever the temperature is above 90 degrees.

Every Chicagoan should check on relatives, friends and neighbors during extremely hot weather to ensure their safety, particularly the elderly or those who have a serious medical condition. Anyone at risk can register with City Hall for a well-being call during extreme weather. We will make sure everyone registered is contacted to see if help is needed.



In a medical emergency, call 911.
For locations of cooling centers and other heat-related services,
call the city's 24-hour hotline at 311.