

## **Heat Wave Caution & Information on Heat Wave Shelters (June 17, 2024)**

A record-breaking heat wave is expected this week from June 17th to the 24th, with highs reaching 91 degrees Fahrenheit (35 degrees Celsius). Older people or people with health problems may have difficulty regulating body temperature, so it is important to drink plenty of water and avoid the heat.

### **Heat Wave Vulnerability Factors**

- If you have cardiovascular, lung, or kidney disease
- Cases where temperature control is difficult due to side effects of diuretics, sedatives, heart and blood pressure medications
- If you are obese, overweight, or underweight
- If your skin becomes sensitive due to aging or disease

### **Heat Wave Response**

- Stay hydrated with water, fruit or vegetable juice, etc.
- Avoid beverages containing caffeine, such as coffee and tea, and alcoholic beverages
- Relax in the cool shade or indoors
- Turn on air conditioner and fan indoors
- Do not use the oven
- Close blinds or curtains during the day and open windows at night for ventilation.

### **Cooling Centers: A Place to Escape the Heat**

If you have problems with your home's cooling or are unable to get home, you can escape the heat at several institutions, including the Hanul Family Alliance's Chicago and North offices (Weekdays 8:30 a.m. to 4:30 p.m.) and local public libraries and community centers. .

#### **Chicago**

- Uptown Neighborhood Health Center, 845 W Wilson Ave, Chicago, IL 60640
- Trina Davila Community Services Center, 4300 W North Ave, Chicago, IL 60639

#### **Cook County Suburbs**

- Elk Grove Village Township 600 Landmeier Rd, Elk Grove Village, IL 60007
- Township of Schaumburg, 1 Illinois Blvd, Hoffman Estates, IL 60169
- Glenview Public Library, 1724 Glenview Rd, Glenview, IL 60025
- Mount Prospect Public Library, 10 S Emerson Rd, Mount Prospect, IL 60056
- Nilas Public Library (6960 N Milwaukee Ave, Nilas, IL 60714)
- Palatine Public Library 120 N. Smith St., Palatine, IL 60067
- Arlington Heights Memorial Library 500 N. Arlington Heights Rd., Arlington Heights, IL 60004