



KANE COUNTY HEALTH DEPARTMENT
MEDIA ADVISORY

FOR IMMEDIATE RELEASE

Aug. 2, 2007
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Beating the heat with cooling rules

The Kane County Health Department wants to remind residents that some the season's muggiest air is forecasted early next week along with temperatures in the low to mid-90s, and heat indices will be reaching levels that could lead to possible sunstroke, muscle cramps, and/or heat exhaustion with prolonged exposure and/or physical activity.

"High humidity inhibits the body's natural ability to cool itself, and that can lead to serious health problems. Following a few simple tips to stay cool can go a long way to helping people enjoy the summer," said Claire Dobbins, Director of Health Protection.

As the temperature rises, the Kane County Health Department offers these simple tips to stay cool:

- Drink plenty of water and juice. Avoid alcohol and caffeinated beverage like pop or coffee because they can cause dehydration.
- Check on your family, friends and neighbors to make sure they are safe and comfortable. We all have a responsibility to help each other during these hot summer months.
- Do strenuous work or exercise early in the morning or late in the afternoon to avoid the peak temperatures of the day.

Most Kane County municipalities offer places residents can go to cool off. Generally, these are public facilities such as libraries. A list of public centers is attached.

The Kane County Health Department and Office of Emergency Management continue to monitor the situation and are prepared to respond as circumstances demand.

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Keeping Cool Tips for Everyone

- Stay in air-conditioned space at home, the library, the mall, movie theater or at a cooling center.
- Drink lots of water and natural juices. Avoid alcoholic beverages, coffee and colas.
- Keep shades drawn and blinds closed, but keep windows slightly open.
- Stay out of the sun and avoid going out in the heat.
- Keep electric lights off or turned down.
- Take cool baths or showers.
- Wear loose, light cotton clothing.
- Do not eat heavy meals. Avoid cooking with your oven.
- Avoid or minimize physical exertion.
- Do not sit in a hot car, even for a short time. Never leave a child in a hot car.
- Check on family members, friends and neighbors to make sure they stay cool and safe.
- If you or anyone you know needs emergency medical attention, call 911.
- It is against the law to open a fire hydrant. An open hydrant hinders the fire department's ability to fight fires, reduces water pressure in your home and may cause basement flooding.

Keeping Cool Tips for Your Pets

- Provide water and shelter from the sun at all times.
- Restrict activity during extreme heat.
- Never leave pets in parked vehicles. Even moderate heat rapidly increases and can kill the pet quickly.

Below is a list of public cooling centers:

Aurora:

630-801-6515

Prisco Community Center, 801 N. Lake St., 8 a.m. to 8 p.m. Monday - Thursday, 8 a.m. to 7 p.m. Friday, 8:30 a.m. to noon Saturday

Aurora Public Library, 1 E. Benton St., 9 a.m. to 9 p.m. Monday - Thursday, 9 a.m. to 5 p.m. Friday and Saturday

Aurora Public Library East 555 Eola Rd., 9 a.m. to 9 p.m. Monday - Thursday, 9 a.m. to 5 p.m. Friday and Saturday

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Aurora Public Library West 233 S. Constitution Dr., 9 a.m. to 9 p.m. Monday -
Thursday, 9 a.m. to 5 p.m. Friday and Saturday
Salvation Army, 437 E. Galena , 9 a.m. to 4:45 p.m. Monday-Friday

Barrington Hills

847-551-3000 Village Hall
112 Algonquin Rd Barrington Hills, 24 hours

Batavia

(630) 879-1424
Batavia City Hall, 100 N. Island Ave., 24 hrs.
Batavia Public Library, (630) 879-1393, 10 S. Batavia Ave., 9 a.m. to 9 p.m. Monday-
Thursday, 9 a.m. to 5 p.m., Friday and Saturday 1 to 4 p.m. Sunday

Burlington,

847-683-2237 Burlington Fire Station,
154 S. Street Burlington, 24 hours

Carpentersville

847-344-7300
Cooling centers will be opened as the need arises. To find a cooling center near you call
(847) 344-7300

East Dundee

847-426-2822
Village Hall, 120 Barrington Ave 24 hours

Elburn

630-365-5062
Elburn Fire Station #1 210 E. North St. 7am-9pm

Elgin

847-289-2700
Elgin Police Dept Lobby 151 Douglas Ave. 24 hours

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Geneva

Geneva Public Library, (630) 232-0780, 9 a.m. to 9 p.m., Monday-Thursday, 9 a.m. to 5 p.m., Friday-Saturday, 1 to 4 p.m. Sunday

Maple Park

(815) 827-3309

Civic Center/open if requested

North Aurora

(630) 897-8228

Library 113 Oak St. 9-5 closed Sun

Fire Dept. 2 Monroe St. 24 Hrs

Pingree Grove

(847) 464-5533

Village Hall 14N042 Reinking Rd 24hrs

Sleepy Hollow

(847) 426-6700

Residents to Call (847) 428-8784

St. Charles

(630) 377-4400

Public Library 1 S. 6th Ave, Fri 9-8/Sat 9-5/Sun 1-4

St. Charles Mall, 3800 E Main St., Sat 10-9/Sun 11-6

Sugar Grove

(630) 466-4507

Village Hall 10 Municipal Dr.

Fire Dept, 25 Municipal Dr. 24 hrs.

West Dundee

847-551-3805

Public Safety Center #1 555 S 8th St

Public Safety Center #2 100 Carrington Dr. 24 hours

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