

Kane County Health Department Urges Residents to Prepare for Extreme Heat as Summer Begins; Cooling Centers Available Across the County

With the arrival of summer, the Kane County Health Department is reminding residents to take precautions against extreme heat and to use available cooling resources when temperatures rise. Prolonged exposure to high heat and humidity can lead to serious health risks, including heat exhaustion and heat stroke, especially for older adults, young children, people with chronic health conditions and those without access to air conditioning.

Throughout the summer season, municipalities and community organizations across Kane County will operate designated cooling centers to provide residents with safe, air-conditioned spaces during periods of extreme heat. Cooling center locations may include public libraries, community centers, village halls, senior centers and other municipal facilities.

“Extreme heat is one of the most dangerous weather-related threats we face each summer, but many heat-related illnesses and deaths can be prevented,” said Michael Isaacson, Executive Director of the Kane County Health Department. “Simple actions such as staying hydrated, checking on neighbors and using cooling centers when needed can save lives.”

The Health Department recommends the following heat safety precautions:

- Drink plenty of water, even if you are not thirsty.
- Stay in air-conditioned spaces whenever possible.
- Limit outdoor activities during peak afternoon hours.
- Wear lightweight, light-colored clothing.
- Talk with your doctor about your medications and how they may increase your risk of heat-related illness.
- Never leave children or pets in a parked vehicle, even for a short time.
- Check on older adults, neighbors living alone, and those with medical conditions.

Residents should also be aware of the signs of heat-related illness. Symptoms such as heavy sweating, dizziness, nausea, confusion, a rapid pulse, or loss of consciousness may indicate heat exhaustion or heat stroke. Anyone experiencing severe symptoms should seek emergency medical attention immediately.

A full list of cooling centers is available at:

<https://www.kanehealth.com/Pages/Warming-Cooling-Centers.aspx>

Residents are encouraged to plan ahead before extreme heat conditions occur, identify the nearest cooling location in their community, and call ahead to confirm that the cooling center has been activated before arriving.

For additional heat safety information, visit:

<https://www.kanehealth.com/Pages/Weather.aspx>

To sign up for heat advisories and other safety alerts delivered by text message, phone call, email, or a mobile app, visit:

<https://oem.kanecountyil.gov/Pages/Emergency-Alerts.aspx>