June 16, 2014

HIGH HEAT INDEX FOR TUESDAY, JUNE 17, 2014
COOLING CENTERS AVAILABLE FOR JOLIET RESIDENTS

The City of Joliet reminds residents to take precautions to ensure their health, safety, and well-being during days of high heat and humidity. According to the National Weather Service, temperatures may reach between 89 to 94 degrees on Tuesday, June 17, 2014. The heat index will be 95 to 103 during the daylight hours on Tuesday.

Be aware these conditions can cause rapid onset of hyperthermia in some individuals, especially senior citizens. Keep pets out of unattended vehicles and unprotected outside areas. Humans and pets need to drink plenty of water and rest during the high heat conditions during the afternoon hours. Please visit the City of Joliet Website under Emergency Management Heat Awareness for further specific information on heat stress. www.cityofjoliet.info.

Residents can seek shelter at the following locations:

- Louis Joliet Mall
- Illinois Department of Unemployment Services located at 45 East Webster
- Illinois Rehabilitation Services Center located at 1617 West Jefferson
- Other Public Places

Please remember to check on the elderly, those with medical conditions, and those with special needs during periods of extreme hot weather.

It is important to remember during periods of extreme hot weather, our elderly population, those taking medications for chronic illnesses, and those with special needs are among the most vulnerable to heat-related illnesses. Check on these individuals often and let them know cooling centers are available.

During hot weather it is important to become familiar with the signs of heat exhaustion and heat stroke and what to do if you or someone you know is suffering from either of these conditions. Symptoms of heat exhaustion include: dizziness, nausea, light-headedness, headache, cool and clammy skin, heavy perspiration, shallow breathing, muscle tremors, and cramping.

Additional symptoms for heat stroke, which can be fatal, include severe headache, a red and dry face, skin that is hot to the touch, rapid and shallow breathing, significantly elevated body temperature, weak pulse, changes in consciousness, and seizures or cardiac arrhythmias. Any person suffering from these symptoms is in a life-threatening situation and 9-1-1 should be called immediately.

During Extreme Heat Protect Yourself From Heat-Related Illnesses:

- Stay in an air-conditioned space at home, the mall, movie theater or at a cooling center.
- Drink lots of water and natural juices. Avoid alcoholic beverages, coffee, and soft drinks.
- Stay out of the sun and avoid going out in the heat.
- Take cool baths or showers and wear loose, light cotton clothing.
- Do not eat heavy meals and 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 or pet in a hot car.
Residents Should Also Familiarize Themselves With Terms Pertaining To Heat Emergencies:

- An excessive heat watch means conditions are favorable for an excessive heat event to meet or exceed local excessive heat warning criteria in the next 12 to 48 hours.
- An excessive heat advisory means hazardous heat conditions have begun or will begin within 36 hours and, if caution is not exercised, they could become life threatening.

Special Keeping Cool Tip For Seniors:

- During heat emergencies, seniors are urged to contact their local area agencies on aging or the Illinois Department on Aging Senior Help Line at (800) 252-8966 for assistance with locating senior centers, adult day service sites, and other buildings that serve as cooling centers.

**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.

Anyone needing assistance during a period of extreme heat should call 9-1-1.

James D. Hock
City Manager

The City of Joliet is the fourth largest city in the state of Illinois, located just 45 miles southwest of Chicago's Loop. Home to over 147,000 residents, in addition to thriving businesses and attractions, the City of Joliet is easily accessible by rail, auto and bus transit. A perfect place to live, work and play, Joliet is constantly striving to promote growth and diversity. For more information on Joliet visit [www.cityofjoliet.org](http://www.cityofjoliet.org) or call 815-724-4000.