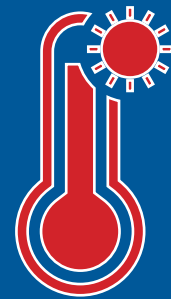


BEAT THE HEAT!



KEEP YOUR COOL DURING EXTREME HOT WEATHER.

The City of Chicago has services available to help residents cope safely with extreme weather conditions amidst the Covid-19 pandemic. Those resource will be even more impactful with your support. Make a special effort to check on your friends and neighbors during a heat wave, especially if they are older adults, young children, live alone or are people with special needs.

CALL 3-1-1 TO:

- Locate a Cooling Center near you.
- Request a well-being check for someone.
- Register for the City's Extreme Weather Notification System.

HOT WEATHER TIPS:

- Drink lots of water, avoid alcoholic beverages, coffee, and sodas.
- Avoid going outside in extreme heat.
- If you don't have air conditioning, keep shades drawn and blinds closed, but windows slightly open.
- If you must be outside, seek shade.
- Keep electric lights off or turned off.
- Minimize your use of your stove or oven.
- Wear loose, light, cotton clothing
- Take cool baths and showers
- Don't leave anyone (including pets) in a parked car, even for a few minutes.
- Never leave children, the elderly, or those who require special care during periods of intense summer heat.
- Seniors and others who may be sensitive to extreme heat should contact friends, neighbors, or relatives periodically throughout the day.
- Seek help if you feel symptoms of heat related illnesses.

REMEMBER

Check on relatives, neighbors and friends. If you are unable to make contact, call 3-1-1 and request a well-being check.



CHI | DFSS

Department of Family & Support Services

COOLING CENTERS

COMMUNITY SERVICE CENTERS

SPACE IS LIMITED DUE TO COV-19 GUIDELINES ON GATHERINGS.

COOLING CENTER HOURS:
9A.M.- 5P.M. (Monday-Friday)

Englewood Center
1140 W. 79th St.

Garfield Center
10 S. Kedzie Ave.

King Center
4314 S. Cottage Grove

North Area Center
845 W. Wilson Ave.

South Chicago Center
8650 S. Commercial Ave.

Trina Davila Center
4312 W. North Ave.

SENIOR CENTERS

SPACE IS LIMITED DUE TO COV-19 GUIDELINES ON GATHERINGS.

COOLING CENTER HOURS:
8:30A.M.- 4:30P.M. (Monday-Friday)

Central West Center
2102 W. Ogden Ave.

Northeast Senior Center
2019 W. Lawrence Ave.

Northwest Senior Center
3160 N. Milwaukee Ave.

Renaissance Court
78 E. Washington
Renaissance Court hours
9 a.m. to 5 p.m

Southeast Senior Center
1767 E. 79th St.

Southwest Center
6117 S. Kedzie Ave.

ALTERNATE LOCATIONS

Chicago Parks & Libraries also serve as cooling centers during extreme heat. Check in with your local park, library or police station for cooling center locations & hours.

PHYSICAL DISTANCING

Please practice physical distancing in City Cooling Centers. Physical distancing means keeping 6 feet apart from others.



PLEASE WEAR FACE COVERINGS IN CITY COOLING CENTERS.

Wearing a face covering helps prevent the spread of COVID-19 to others.