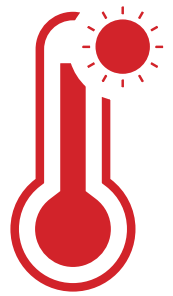


# BEAT THE HEAT!



## KEEP YOUR COOL DURING EXTREME HOT WEATHER.

The City of Chicago has services available to help residents cope safely with extreme weather conditions. Those resources 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.

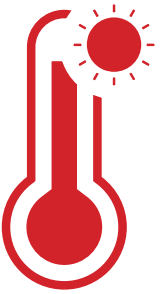
### HOT WEATHER TIPS:

- 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, with 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, older adults, or those who require special care during periods of intense summer heat.
- Older adults 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.

# COOLING CENTERS



## COMMUNITY SERVICE CENTERS

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

Englewood Center  
1140 W. 79th St.

North Area Center  
845 W. Wilson Ave.

\*Garfield Center  
10 S. Kedzie Ave.

South Chicago Center  
8650 S. Commercial Ave.

King Center  
4314 S. Cottage Grove

Trina Davila Center  
4312 W. North Ave.

## SENIOR CENTERS

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

Central West Center  
2102 W. Ogden Ave.

Renaissance Court  
78 E. Washington

Northeast Senior Center  
2019 W. Lawrence Ave.

Southeast Senior Center  
1767 E. 79th St.

Northwest Senior Center  
3160 N. Milwaukee Ave.

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.

VISIT [311.CHICAGO.GOV](https://311.chicago.gov) OR CALL 3-1-1 FOR THE MOST CURRENT INFORMATION ON CITY COOLING CENTERS



\*The Garfield Center is available 24/7 to connect residents to shelter!