

# STAY COOL CHICAGO



## 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 that is open.
- Request a well-being check for someone.

## 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



DFSS Community Service Centers and Senior Centers offer relief during periods of extreme heat.

## COMMUNITY SERVICE CENTERS

**OPEN MONDAY – FRIDAY, FROM 9:00 AM – 5:00 PM**

Englewood Center  
1140 W. 79th St.

Garfield Center  
10 S. Kedzie Ave.

Martin Luther 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

**OPEN MONDAY – FRIDAY, FROM 8:30 AM – 4:30 PM**

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  
**10:00 A.M. – 5:00 P.M.**

Southeast Senior Center  
1767 E. 79th St.

Southwest Center  
6117 S. Kedzie Ave.

For shelter placement, call 3-1-1.

## OTHER COOLING CENTERS

In addition to the DFSS cooling centers, there are nearly 300 cooling facilities including, the Chicago Public Libraries, Chicago Park District facilities, City Colleges, police stations, and satellite senior centers.

Call 3-1-1 for shelter placement, to find the nearest cooling center and for well-being checks for seniors and unhoused neighbors. For a list of additional City cooling locations, facility hours, and for updates on facility availability, please visit the link at the QR code:

