



OFFICE OF THE GOVERNOR
PAT QUINN

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Contact

Press Line: (312) 814-3158

Brooke Anderson Brooke.Anderson@illinois.gov

Dave Blanchette Dave.Blanchette@illinois.gov

Governor Quinn Reminds Residents to Take Advantage of State's Cooling Centers During End of Summer Heat Wave

More Than 100 State Cooling Centers Open Across Illinois

CHICAGO – With hot weather expected this week, Governor Pat Quinn today is urging residents to take advantage of the state's cooling centers. This summer, Governor Quinn opened more than 100 cooling centers around Illinois in order to help those without air conditioning beat the heat.

"The combination of high heat and humidity is dangerous for people and pets alike," Governor Quinn said. "I urge residents to take the proper precautions to stay safe as another hot summer comes to an end."

The cooling centers are located at Illinois Department of Human Services (IDHS) offices throughout the state. IDHS cooling centers are open to the public during regular business hours from 8:30 a.m. to 5 p.m. In addition to the IDHS cooling centers, the Illinois Tollway Oases in the Chicago area are available 24 hours a day, seven days a week.

Governor Quinn and the Illinois Department of Public Health are also encouraging Illinois residents to watch for signs of heat-related illnesses. Symptoms of heat-related illness include headaches, skin that is hot to the touch, increased body temperature, loss of consciousness, seizures and irregular heartbeats.

To stay cool and avoid illness, people should increase their fluid intake but avoid drinks with caffeine, alcohol and sugar; decrease strenuous, outdoor physical activity and remain in air-conditioning when possible.

The Illinois Department on Aging also encourages relatives and friends to make daily visits or calls to senior citizens living alone. When temperatures and humidity are extremely high, seniors and people with chronic health conditions should be monitored for dehydration and other effects of extreme heat. Additionally, seniors should eat lighter meals, take longer and more frequent rests, and drink plenty of fluids.

To find a cooling center near you, call the IDHS hotline at (800) 843-6154 or visit www.keepcool.illinois.gov.

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