

## Media release

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### For Immediate Release

**Date:** July 21, 2011  
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### Dubuque Cooling Centers Update

Due to the continued high temperatures and heat indices above 105°F, the City of Dubuque is advising citizens to continue to take precautionary measures to prevent heat-related illness.

Public Cooling Centers will continue to be available as follows:

- Comiskey Park Building, 255 E. 24th Street - 9:00 a.m. – 12:00 p.m. & 6:00 - 9:00 p.m. on Friday
- Prescott Neighborhood Resource Center: 9 a.m. - 12 noon & 6:00 - 9:00 p.m. on Friday
- Multicultural Family Center, 1157 Central - 11:00 a.m. - 5:30 p.m., on Friday
- Mystique Community Ice Center:- 9:00 a.m. - 5:00 p.m. on Friday & Saturday

Precautions you can take to avoid heat-related illness include:

- Stay out of the sun (sunburn makes the job of heat dissipation more difficult);
- Spend as much time as possible in air conditioning. If you do not have an air conditioner, go to an air-conditioned public building or designated cooling center;
- Slow down (reduce, eliminate, or reschedule physical activities for a cooler time of the day);
- Drink plenty of water, even if you do not feel thirsty. Do not drink any alcohol, including beer;
- Dress in lightweight and light colored clothes. This will reflect the sunlight and heat;
- Eat smaller meals and less proteins;
- Do not take salt tablets unless specified by a physician;
- Avoid strenuous activity; and
- Never leave anyone, including pets, in a parked vehicle for any amount of time.
- **Also, it's important to check on your neighbors, relatives and friends, and in particular the elderly.**
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For further excessive heat information and resources, phone 211 for the most current information and resources.

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