

MEDIA RELEASE

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For Immediate Release

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Cooling Center Schedule - Excessive Heat Event

Due to the predicted extreme temperatures this weekend, the City of Dubuque is advising residents to take precautionary measures to prevent heat-related illness. To protect your health when temperatures and humidity are high, remember to keep cool and use common sense. The following tips are important:

- **Use a buddy system: Check on your neighbor, friends and relatives. Watch others for heat-induced illness because some people may not realize they are suffering heat-related illnesses and can become confused or lose consciousness.**
- Increase fluid intake, regardless of your activity level. The best way to tell you are well hydrated is if your urine is light yellow. If it gets dark, rehydrate by drinking water immediately.
- If experiencing excessive sweating, especially over several hours, replace salt and minerals by eating foods like bananas and salty crackers, or drink rehydrating beverages that contain salts, such as sports drinks and special rehydration fluids.
- Choose lightweight, light-colored, loose-fitting clothing and wear sunscreen.
- Wear hats that shade your face, such as sun hats, visors, etc.
- Keep in the shade or air-conditioned areas as much as possible.
- Work slowly if you are not used to working or exercising in heat and humidity. Stop immediately if you get dizzy, nauseated, or feel weak. Go into an air-conditioned space and drink cool liquids.
- Check on outdoor pets to make sure they have plenty of water and **do not** leave unattended pets in vehicles.

Public Cooling Centers have been established for Friday-Sunday (June 15-17):

- Carnegie-Stout Public Library, 360 W 11th St.
 - Friday, 9:00 a.m. – 5:00 p.m.
 - Saturday, 9:00 a.m.-5:00 p.m.
 - Sunday, 1:00 p.m.-5:00 p.m.
- Dubuque Rescue Mission, 398 Main St., Drop-In Center, 2nd Floor
 - Friday-Sunday, 7:00 a.m.-6:00 p.m.
- Mystique Community Ice Center, 1800 Admiral Sheehy Dr.
 - Friday, 9:00 a.m.-7:30 p.m.
 - Sunday, 2:30 p.m.-5:30 p.m.
- Multicultural Family Center, 1157 Central Ave.
 - Friday, 12:00 p.m. - 5:00 p.m.
 - Saturday, 9:00 a.m.-12:00 p.m.

Although anyone at any time can suffer from heat-related illness, the people at greatest risk include:

- People age 65 or older
- Infants and young children
- Overweight individuals
- People who are performing manual labor or exercising outdoors
- People who have chronic health conditions, especially those with heart disease or high blood pressure, or those who take certain medications, such as those for depression, insomnia, or poor circulation

For further excessive heat information and resources, phone 211 for the most current information.

www.cityofdubuque.org/health

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