






Health and Human Services Department



Extreme Heat

The City of Evanston offers a wide variety of services to protect the public from extreme heat temperatures. Extreme heat can be dangerous to anyone, but particularly the elderly, infants and young children, persons with disabilities, and people on medication.

Extreme Heat Index:

-  **Heat Watch:** when the heat index is 90° Fahrenheit or greater.
-  **Heat Warning:** when there are three consecutive days of heat above 90° Fahrenheit.
-  **Heat Emergency:** when the heat index is predicted to be at 105° Fahrenheit.

Extreme Heat may result in:

-  **Heatstroke** – the most serious heat-related illness. A person with a heatstroke may have a body temperature greater than or equal to 105° and may be disoriented, delirious or comatose. They may have a headache, flush skin, skin hot to the touch and even experience seizures. Other symptoms include deep shallow breathing, rapid, strong pulse followed by a weak pulse, dilated pupils, and loss of consciousness.
 - ▶ **IF YOU OR SOMEONE YOU KNOW HAS THESE SYMPTOMS, SEEK MEDICAL ATTENTION IMMEDIATELY!**
-  **Heat exhaustion** – the milder form of heat-related illnesses, can develop following exposure to high temperatures and inadequate or unbalanced replacement of fluids. A person with heat exhaustion may feel dizzy, nauseous, weak and tired. That person may experience severe headaches, muscle cramps, heavy perspiration and shallow breathing. His skin will likely feel cold and clammy.
 - ▶ Persons with heat exhaustion should lie down in a cool space, loosen clothing, and lower the head slowly while raising the feet. Heat exhaustion sometimes requires hospitalization and medical attention should be sought immediately.



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How to prevent heat related illnesses:

- ☀ Drink lots of water, sports beverages or natural juices. Avoid alcohol, caffeine and high salt intake;
- ☀ Stay in a cool, shaded areas and keep the blinds drawn or lights down. Avoid excessive exposure to the sun;
- ☀ Use air conditioners or fans; avoid excessive exposure to heat in unventilated areas;
- ☀ Reduce physical activity;
- ☀ Take cool baths or showers and use cool towels;
- ☀ Wear loose, light cotton clothing and a breathable hat;
- ☀ Eat light meals; Avoid eating heavy meals and using the oven;
- ☀ Do not sit, or let anyone sit in a hot car, even for a few minutes;
- ☀ **REMEMBER TO CHECK ON PEOPLE AT RISK** for heat related illness, especially elderly individuals.

The City of Evanston's respite services:

- ☀ The Health and Human Services Department partners with a local cab company to provide free transportation to the Robert Crown Center, the City's official cooling shelter. All cab fees are billed to the Department. Citizens must contact the Department to request transportation assistance.
- ☀ The Health and Human Services Department also provides citizens with fans during the summer months. Fans are loaned to income-eligible persons who are over the age of 60 or who have qualifying medical conditions. Citizens must call the Department in order for a loan request to be made.

If a heat emergency is in effect and you would like to arrange for transportation to the City's official cooling shelter or obtain a free fan:

- ☀ During business hours, please call the Health and Human Services Department, at (847)866-2969.
- ☀ After business hours, please call the non-emergency line of the Evanston Police Department, at (847)866-5000.