

# Heat Relief

# City Cooling Centers

During the summer months, the Chicago Department of Family and Support Services operates six Cooling Centers located inside of the City's Community Service Centers.

There are also various other locations for residents to find relief during the extreme heat, including:

- Libraries, police stations or other structures are made available after hours, on weekends, or on holidays, as conditions warrant
- Seniors are welcome at one of the City's 21 Senior Centers
- The Garfield Center (10 S. Kedzie) is open to connect residents to emergency shelter 24 hours a day, seven days a week

To learn the location of the closest available Cooling Center at any given time, call 3-1-1.

## DFSS COOLING CENTERS

9 a.m. - 5 p.m. Monday - Friday

Hours and days of service could be extended under extreme conditions. Other City facilities might be designated as Cooling Centers after hours, on weekends, or holidays. For the most current Cooling Center information at any time, call 3-1-1.

**Englewood Community  
Service Center**  
1140 W. 79th St.

**King Community  
Service Center**  
4314 S. Cottage Grove

**South Chicago  
Community Service Center**  
8650 S. Commercial Ave.

**Garfield Community  
Service Center**  
10 S. Kedzie

**North Area Community  
Service Center**  
845 W. Wilson Ave.

**Trina Davila  
Community Service Center**  
4312 W. North Ave.



City of Chicago  
Mayor Rahm Emanuel



CHICAGO DEPARTMENT OF

**FAMILY & SUPPORT SERVICES**

Commissioner Lisa Morrison Butler

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# Beat the Heat!

## Keep Your Cool During Extreme Hot Weather

Oppressive summer heat is more than uncomfortable. High temperatures and humidity can pose a health and safety threat. The City of Chicago has many services available to help residents cope safely with extreme weather conditions.

### CALL 311 TO:

- Locate a Cooling Center near you.
- Request a well-being check for someone who may be suffering from the heat.
- Register for the City's Extreme Weather Notification System.

### HOT WEATHER TIPS:

- Drink lots of water and natural juices; avoid alcoholic beverages, coffee, tea and sodas.
- Avoid going outside in the extreme heat.
- If you don't have air conditioning, keep shades drawn and blinds closed but windows slightly open.
- Keep electric lights off or turned down.
- Minimize use of your oven and stove.
- 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.

### REMEMBER...

Check on relatives, neighbors and friends. If you are unable to make contact, call 3-1-1 and request a well-being check.



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