



NEWS RELEASE

August 22, 2023

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FOR IMMEDIATE RELEASE

Take Steps To Stay Safe In The Extreme Heat In Winnebago County This Week.

WINNEBAGO COUNTY – Extreme heat is expected in Winnebago County from Wednesday, August 23 through Thursday night, August 24. The National Weather Service predicts heat that feels like 110 to 115, with heat staying around in the evening hours. When heat is this extreme, the risk of severe heat illness and death from heat are more likely.

“Take steps to keep you and your family safe in these extreme heat conditions” said Dr. Sandra Martell, the Winnebago County Health Department’s Public Health Administrator. “Stay cool and know how to prevent and recognize heat related illness.”

Stay Safe in Extreme Heat

1. Drink plenty of water. Do not wait until you are thirsty. Avoid alcohol and sugary drinks.
2. Stay Cool in an air-conditioned area.
 - a. If you do not have an air conditioner, visit someplace with air conditioning for at least a few hours to help relieve the heat's impact on your body.
 - i. Places you may visit include shopping centers, retail stores, public libraries, public offices, a friend with air conditioning, [community cooling centers](#), and additional temporary cooling center locations in Winnebago County open this week.
 - b. Electric fans will NOT prevent heat-related illness when temperatures are in the high 90s or above.
3. Take a cold shower or bath.
4. Never leave anyone including pets in a closed, parked vehicle.
5. Avoid outdoor activities.

If you must be outside in the heat:

- Drink plenty of water
- Wear lightweight, light colored, loose-fitted clothes
- Limit your time outdoors, especially midday when the sun is hottest
- Avoid outdoor activities that take a lot of energy or effort, like exercise
- Rest often in shady areas or inside in air conditioning

Know the signs of the two most severe types of heat-related illness:

Warning signs of Heat Exhaustion include:

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Tiredness or weakness
- Dizziness
- Headache
- Passing Out

Warning signs of Heat Stroke include:

- High body temperature
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Nausea
- Confusion
- Dizziness
- Headache
- Passing Out

If you notice signs of heat-related illness, move the person to a cool place and call 911 if signs of Heat Stroke are present or symptoms do not improve. Learn more at <https://www.cdc.gov/disasters/extremeheat/warning.html>.

For more information, visit the Winnebago County Health Department website at publichealth.wincoil.gov.

Temporary Winnebago County Cooling Centers

Week of August 22-25

Loves Park

City Hall Gymnasium

100 Heart Blvd. Loves Park, IL

8 a.m. – 5 p.m.

Cherry Valley

Village Hall

806 E. State St. Cherry Valley, IL

8 a.m. – 5 p.m.

Roscoe

Roscoe United Methodist Church

10816 Main St. Roscoe, IL

8 a.m. – 5 p.m.

Rockford

The Carpenter's Place

1149 Railroad Ave. Rockford, IL

8:15 a.m. – 3 p.m.

Machesney Park

Village Hall

300 Roosevelt Rd. Machesney Park, IL

8 a.m. – 4:30 p.m.

Rockford Rescue Mission

715 W. State Rockford, IL

8 a.m. – 5 p.m. (OR 24/7 overnight)

Pecatonica

Village Hall

405 Main St. Pecatonica, IL

8:30 a.m. – 4 p.m.

City of Rockford Health & Human Services Department

612 N. Church St. Rockford, IL

8 a.m. – 4:30 p.m.

Durand

Village Hall

308 W. Main St. Durand, IL

9:30 a.m. – 4:30 p.m.

Brooke Road United Methodist Church

1404 Brooke Rd. Rockford, IL

9 a.m. – 3 p.m.