



# Village of Skokie

June 7, 2011

## **For Immediate Release** **Public Information Division**

### **Heat Emergency Information**

The Village of Skokie has issued an extreme heat watch for today. Temperatures will be in the 90's with heat index values at or above 100 degrees today and tomorrow.

Summer is here, and with this season comes the heat. The Skokie Health Department recommends the following during forecasted heat advisories:

- Use a buddy system to check in on family, neighbors and friends;
- Plan activities for the coolest times of the day (early morning and late afternoon);
- Reduce exertion and exercise in an effort to stay cool;
- Drink plenty of fluids;
- Wear light colored, loose fitting clothing outdoors;
- NEVER leave children or pets in a parked car;
- Protect your pets. Make sure your pet always has cool, clean water and a shaded area to rest if left outside;
- Stay indoors and, if at all possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library – even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat; and
- Electric fans may provide comfort, but when the temperature is in the high 90s, fans will not prevent heat-related illness. Taking a cool shower or bath, or moving to an air-conditioned place is a much better way to cool off.

The effects of extreme heat conditions on the human body are cumulative and can lead to variety of health complications, including heat exhaustion and heat stroke.

### **Those without air conditioning may visit the following public cooling centers in Skokie:**

- Illinois Department of Human Services, 8020 St. Louis Avenue, Skokie, Illinois 60077, 847/745-3200, Monday to Friday, 8:30 a.m. to 5 p.m.
- Skokie Public Library, 5215 Oakton Street, Skokie, Illinois, 847/673-7774, Monday to Friday, 9 a.m. to 9 p.m., Saturday, 9 a.m. to 6 p.m., Sunday, 12:00 to 6 p.m.
- Skokie Park District, Oakton Community Center, 4701 Oakton Street, Skokie, Illinois 60076, 847/674-1500 x2700, Monday-Friday, 8:30 a.m. 8 p.m., Saturday, 8:30 a.m. to 6 p.m., Sunday, 9 a.m. to 5 p.m.
- Skokie Park District, Devonshire Cultural Center, 4400 Greenwood Avenue, Skokie, Illinois 60076, 847/674-1500 x2400, Monday-Friday, 8:30 a.m. to 9 p.m., Saturday, 8:30 a.m. to 6 p.m., Sunday, 8:30 a.m. to 6 p.m.

For more information contact the Skokie Health Department at 847/933-8252, or visit [www.skokie.org](http://www.skokie.org).

Released by - Public Information Division  
Janelle Silva  
847/933-8257

#### **Village Hall**

5127 Oakton Street  
Skokie, Illinois 60077

Phone (847) 673-0500  
Fax (847) 673-0525

[www.skokie.org](http://www.skokie.org)  
SkokieVision Municipal Cable  
1660 AM Skokie

#### *Council-Manager Government*

Mayor	George Van Dusen
Clerk	Marlene Williams
Trustees	Michele L. Bromberg
	Michael M. Lorge
	Donald P. Perille
	Randall E. Roberts
	Pramod C. Shah
	Edie Sue Sutker
Manager	Albert J. Rigoni
Counsel	J. Patrick Hanley

#### *Awards and Distinctions*

All America City Finalist

American Public Works Association  
(APWA) Accreditation

Commission on Accreditation for  
Law Enforcement Agencies (CALEA)

Commission on Fire Accreditation  
International (CFAI)

Fitch IBCA AAA Financial  
Bond Rating

Gold Level Clean Air Counts  
Community

Governor's Hometown Award

Government Finance Officers  
Association Budget Award

Government Finance Officers  
Association Certificate of  
Achievement for Excellence in  
Financial Reporting

Insurance Services Office (ISO)  
Class One Fire Department

State of Illinois Certified Health  
Department

Tree City U.S.A. Distinction