



**American  
Red Cross**

Central Illinois Chapter



**FOR IMMEDIATE RELEASE**

July 21, 2005

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Champaign-Urbana Public Health District

## **Health and Safety Officials Urge All to Mind the Heat!**

**During a Heat Wave, Common Sense is the Best Defense**

Champaign County is bracing for a hot weekend, and health and emergency management officials are urging residents to follow some common sense guidelines. The American Red Cross, the City of Champaign Emergency Services and Disaster Agency, the Champaign-Urbana Public Health District and the Champaign County Public Health Department are asking all county residents to follow these guidelines, from the Illinois Emergency Management Agency.

During periods of high outdoor temperatures, it is best to:

- Spend some time in air conditioning, if possible;
- Drink plenty of water and natural juices, even if you don't feel thirsty;
- Slow down. Avoid strenuous activity;
- Wear loose-fitting, lightweight, light-colored clothing;
- Keep shades drawn and blinds closed;
- Keep lights turned down low, or turned off;
- Take cool baths or showers periodically or use cool wet towels to cool down;
- Eat small meals and eat more often. Avoid foods that are high in protein, as they increase metabolic heat;
- Avoid boiling water for long periods or using the oven;
- Avoid alcoholic beverages and beverages with caffeine, such as coffee, tea and cola;
- Avoid using salt tablets unless directed to do so by a physician;
- Do not leave pets or children in a vehicle – even for a few minutes.

Temperatures inside a closed vehicle can reach 140 to 190 degrees Fahrenheit within 30 minutes on a hot day.

- Check on elderly, disabled or ill neighbors and family members;
- Have a place to cool off. If you don't have air conditioning, visit one of the locations listed below.

To help those in need keep cool, the American Red Cross is distributing free electric fans to those without air conditioning. You may visit the Red Cross at 404 Ginger Bend Dr., Champaign from 8 a.m. to 5 p.m. on Friday, July 22 and from 8 to 10 a.m. on Saturday, July 23. People with questions should call the Red Cross at 351-5861.

For Homebound individuals without air conditioning, the Red Cross will deliver a fan to your home between the hours of 8 a.m. and 5 p.m. Friday and Saturday. To take advantage of this service, please contact the Red Cross at 351-5861. You will need to provide your name, address and phone number.

The following locations may serve as a cool haven for those lacking air conditioning:

#### LIBRARIES

Champaign Public Library	403-2021
Douglass Branch Library	403-2090
Homer Community Library	896-2121
Mahomet Township Public Library District	586-2611
Ogden Rose Library	582-2411
Parkland College Library	351-2223
Philo Public Library	684-2896
Rantoul Public Library	893-3955
St. Joseph Township Library	469-2159
Sidney Community Library	688-2332
Tolono Public Library	485-5558
University of Illinois Library	333-2290
Urbana Free Library	367-4405

#### (Peace Meal) Congregate Meal Sites

For details call 1-800-543-1770

Douglass Annex, Champaign  
First United Methodist Church in Urbana  
Homer City Building  
Community Service Center in Rantoul  
Sidney Community Building (attached to Library)  
Some Senior High Rise Buildings

Senior Centers and Senior Groups

**Carroll Addition Community Center**

1210 Carroll Street, Urbana, IL 61801                      384-4022

**Douglass Annex Senior Center**

804 North Fifth Street, Champaign, IL 61820    398-2572

**Community Service Center of Northern Champaign County**

520 E. Wabash, Rantoul, IL 61866                      893-1530

**Hays Senior Center – Champaign Park District**

1311 West Church Street, Champaign, IL 61821    398-2580

**Mahomet Community Center**

(next to library) on Main St., Mahomet

**Phillips Recreation Center – Urbana Park District**

505 West Stoughton Street, Urbana, IL 61801    367-1544

**Rantoul Recreation Center**

100 East Flessner, Rantoul, IL 61866                      893-0461

**St. Joseph Seniors @ United Methodist Church**

205 North 3rd Street, St. Joseph, IL 61873        469-7424

**Salvation Army Golden Agers**

502 North Prospect Ave., Champaign, IL 61820    373-7832

**Stevick Senior Center**

48 East Main Street, Champaign, IL 61820        359-6500

Rural community or senior groups or centers may also be available in Bondville, Fisher, Gifford, Homer, Ludlow, Ogden, Penfield, Philo, Royal, Seymour and Sidney.

This information was compiled by the Champaign County Regional Planning Commission – Senior Services: (217) 328-3313.

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