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Champaign-Urbana Public Health District
c-uphd.org

MEDIA RELEASE

Tanya Giannotti, Public Relations
217-531-4939 / tgiannotti@c-uphd.org

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Dangerous Heat Wave Expected This Week

Champaign-Urbana Public Health District Urges Residents to Take Precautions as Extreme Heat Poses Serious Health Risks This Week

CHAMPAIGN, IL – The National Weather Service is forecasting dangerously high temperatures and humidity for central Illinois over this week. A heat advisory is in effect from Monday through Thursday night, with heat index values of 105 to 110 degrees Fahrenheit expected. Little overnight relief is expected, as temperatures are only expected to fall into the mid-70s. The Champaign-Urbana Public Health District (CUPHD) urges everyone to watch for signs of heat-related illness and take precautions to keep themselves, their families, and the community safe.

Heat-related illness can take many forms, ranging from mild heat exhaustion to the more serious and potentially life-threatening heat stroke. These illnesses occur when the body is unable to regulate its temperature. As the body's temperature rises rapidly, it loses the ability to cool itself through perspiration. A body temperature of 106° F or higher within 10 to 15 minutes can result in death or permanent disability if emergency medical treatment is not provided.

Signs and symptoms of heat-related illness include:

- Body temperature of 103° F or higher
- Red, hot, and dry skin with no signs of perspiration
- Rapid, strong pulse
- Throbbing headache
- Dizziness or confusion
- Nausea

Never leave children, older adults, or pets in a parked car—even for a few minutes or with the

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windows partially open. The vehicle's metal exterior conducts and traps intense heat, causing the interior temperature to rise rapidly. This can lead to brain damage or death in a very short time. Heat-related illnesses are more prevalent among children, adults over 65, and pets due to factors such as difficulty adjusting to temperature changes, retaining more body heat, dehydration from exertion, and limited access to fluids.

Precautions to Avoid Heat-Related Illness

- **Stay hydrated.** Aim to drink at least 48 to 64 ounces of cool, non-caffeinated, non-alcoholic beverages daily. Caffeine and alcohol act as diuretics and can increase the risk of dehydration. Don't wait until you're thirsty; drink regularly throughout the day.
- **Limit activity during peak heat.** Avoid physical exertion during the hottest parts of the day. If outdoor activity is necessary, take frequent breaks in the shade or a cool environment.
- **Wear light-colored, lightweight clothing.** Breathable fabrics and light colors help your body stay cooler.
- **Cool down when overheated.** Take a cool shower or sponge bath if you begin to feel too warm.
- **Seek air-conditioned spaces.** If you feel overly warm, move to an air-conditioned environment. If your home is not air-conditioned, consider visiting a mall, library, grocery store, or other public space to cool off.

CUPHD is open to the public as a cooling center Monday–Friday, 8:00 a.m.–5:00 p.m. and maintains an interactive Google Map list of cooling center locations:

<https://bit.ly/keepsafeChampaign>. Please note that some locations are only open during business hours.

Anyone can suffer heat-related illness, and CUPHD urges everyone to take precautions in the summer heat and check on children, those 65 and over, disabled persons, and pets frequently.

For more information, please visit <http://www.champaigncountyma.org/> and <https://ready.illinois.gov/hazards/extremetempshot.html>.

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