



**Public Health**  
Prevent. Promote. Protect.

**Peoria City/County  
Health Department**

## ***MEDIA RELEASE***

**Date:** SUMMER 2020 (6-23-20)

**To:** All Media

**From:** Peoria City/County Health Department

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***For Immediate Release***

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### ***COVID-19 AND HIGH HEAT CONDITIONS***

Peoria City/County Health Department advises residents to take precautions during extremely high temperatures. During the current COVID-19 situation, with many buildings closed as gathering places or at reduced business capacity, individuals may need to use state facilities as cooling centers for relief from the heat.



#### **State facilities to be available as cooling centers:**

- Peoria County: Department of Human Services (DHS), 211 Fulton, Suite 300, Peoria, M-F 8:30AM-5PM
- Tazewell County: Department of Human Services (DHS), 200 S. Second St., Suite 20, Pekin, M-F 8:30AM-5PM
- Tazewell County: Department of Human Services (DHS), 2970 Court St, Sunset Plaza, Pekin, M-F 8:30AM-5PM

#### **Additional cooling resources:**

- Call 2-1-1 Heart of Illinois Resource Phone Number or (309) 999-4029 or visit [www.211hoi.org/](http://www.211hoi.org/)
- State of Illinois, Illinois Department of Human Services cooling sites (800)843-6154 or <https://www2.illinois.gov/sites/KeepCool/sitepages/coolingcenters.aspx>

#### **To prevent heat related injuries during hot weather, take the following measures:**

- Try to stay cool, preferably in an air-conditioned area and wear light-colored, loose clothing.
- Limit outdoor activities and avoid vigorous physical activities in hot and humid weather.
- Take frequent breaks and drink plenty of water, regardless of your activity level. Don't wait until you're thirsty to drink.
- Avoid liquids that contain caffeine, alcohol or large amounts of sugar that cause loss of body fluids.

#### **Remember your children, neighbors and pets:**

- Don't leave children, elderly, or pets inside a parked vehicle, even for a few minutes. Hotspots develop, even with the windows rolled down.
- Check in with family, friends, and neighbors who may be affected by extremely high heat.
- Take care of your pets. Give extra water and be sure to place the water dish in a shaded area if outdoors. Make sure pets have a protected place where they can get away from the sun.

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2116 N. Sheridan Rd. • Peoria, Illinois • PH: 309/679-6000  
FAX: 309/679-6609 • TDD: 800/526-0844 (hearing impaired only) • [www.pcchd.org](http://www.pcchd.org)