



BERWYN FIRE DEPARTMENT

6700 West 26th Street
Berwyn, Illinois 60402-0701
Phone: (708) 749-6523
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Denis O'Halloran
Fire Chief

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HEAT & HUMIDITY ADVISORY

With high temperatures expected over the next few days, the Berwyn Fire Department is urging Berwynites to take preventive actions to avoid heat-related illness like heat exhaustion and heat stroke.

High heat and humidity can lead to serious health problems. It's important for people to recognize the signs of heat-related illness and take action to prevent becoming sick. To help your body cope with high temperatures, take steps to stay cool, increase your fluid intake, decrease your activities and wear appropriate clothing.

Stay Cool

- Stay in air-conditioned buildings. Cooling centers are attached.
- Do not rely on a fan as your primary cooling device.
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to lower your body temperature.
- Check on at-risk friends, family, and neighbors at least twice a day. These may include seniors and people with chronic health conditions.

Stay Hydrated

- Drink more water than usual and don't wait until you're thirsty to hydrate.
- Drink two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or beverages with high amounts of sugar.

Stay Informed

- Check the local news for extreme heat warnings.
- Visit www.dph.illinois.gov for heat related information.

Normally, the body cools itself by sweating. However, if temperatures and humidity are extremely high, sweating is not effective in maintaining the body's normal temperature. If the body does not cool properly or does not cool enough, a person may suffer a heat-related illness, which can become serious or even deadly if unattended. Warning signs and symptoms vary but may include:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

Move to a cooler location
Lie down and loosen your clothing
Apply cool, wet cloths to as much of your body as possible
Sip water
If you have vomited and it continues, seek medical attention immediately

Heat Stroke

Symptoms

- High body temperature (above 103)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

Call 911 immediately this is a medical emergency
Move the person to a cooler location
Reduce the person's body temperature with cool cloths or a bath
Do NOT give fluids

People most vulnerable for heat-related illness include the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition.

The Illinois Department on Aging encourages relatives and friends to make daily visits or calls to senior citizens living alone. When temperatures and humidity are extremely high, seniors and people with chronic health conditions should be monitored for dehydration and other effects of extreme heat. Additionally, seniors should eat lighter meals, take longer and more frequent rests, and drink plenty of fluids.

Never leave anyone, including pets, alone in a closed, parked vehicle. The air temperature inside a car rises rapidly during hot weather and can lead to brain damage or death.

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See attached Cooling Center notice from the City of Berwyn website

CITY OF BERWYN
COOLING CENTERS

Berwyn Police Department 6401 W. 31st Street 911 * 708-795-5600	24 Hours
Berwyn Fire Department 6615 W 16th Street 911 * 708-484-1645	24 Hours
Berwyn Library 2701 Harlem Avenue 708-795-8000	Mon-Thurs 9a.m. - 9p.m. Fri and Sat. 9a.m. – 5p.m. Sun. Closed
Berwyn Recreation Department 6501 W. 31st Street 708-788-2010	Mon – Friday 7a.m. – 9p.m. Sat & Sun. Closed
Freedom Park Admin. Office 3701 S Scoville Ave 708-788-1701	Mon – Friday 7a.m. – 9p.m.

Updated: 23 May 2011