

July 05, 2012

News Release

*For Immediate Release*

## **Cooling Centers Open Through Saturday**

With a National Weather Service heat advisory in effect through at least 7 p.m. Saturday, the following locations continue to serve as public cooling centers during each building's normal business hours:

- American Red Cross, 1545 N. West Bypass
- Ozarks Technical Community College (Commons), 933 E. Central St.
- Salvation Army, 1707 W. Chestnut Expressway
- YMCA, 1901 E. Republic Road
- YMCA, 417 S. Jefferson Ave.
- Chesterfield Family Center lobby, 2511 W. Republic Road
- Doling Family Center lobby, 310 E. Talmage St.
- Mediacom Ice Park lobby, 635 E. Trafficway

Cooling centers are open to the public and meant to provide relief for those who otherwise do not have access to an air-conditioned environment. Other public services affected by the high heat include:

- City Utilities is offering free bus rides to accommodate those who may need transportation around Springfield to the centers located along city bus routes.
- The Park Board is extending pool hours. More information can be found at: [www.parkboard.org/news12/extended\\_pool\\_hrs12.htm](http://www.parkboard.org/news12/extended_pool_hrs12.htm)
- Springfield Animal Control has suspended trapping animals.

The Springfield-Greene County Health Department urges residents to take steps to protect against heat-related illnesses. These illnesses, such as heat exhaustion and heat stroke, occur when the body's temperature control system is overloaded. Children, senior adults and people with chronic illness are at highest risk. So far this summer season, the department has tracked 67 reported cases of heat-related illnesses through July 4 at local hospitals and emergency rooms.

**Heat exhaustion** is the most common heat-related illness and can lead to dehydration. Symptoms include heavy sweating, paleness, tiredness, muscle cramps, weakness, dizziness or fainting, headache, nausea or vomiting. A person with these symptoms should move to a cool spot, rest and drink cool water. If symptoms worsen or last longer than an hour, they should seek medical attention.

**Heat stroke** occurs when the body's temperature climbs to 104°F. It can be deadly. Call 9-1-1 immediately if a person has symptoms including a high body temperature, red, hot or dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion or unconsciousness.

Tips to protect against heat-related illness can be found online at: [health.springfieldmo.gov/heat](http://health.springfieldmo.gov/heat).