



# Local Warming & Cooling Centers



When It Comes To Extreme Summer or Winter Temperatures Here Is A Listing Of Warming & Cooling Centers In Our Immediate Area. For A Complete Listing Of Warming/Cooling Centers In Will County Visit [www.willcountyma.org/warmingcooling](http://www.willcountyma.org/warmingcooling)



## Braidwood City Hall

141 W. Main St. Braidwood

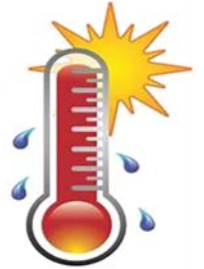
Mon.—Fri. 9am to 5pm

Phone: (815)458-2333

After Hours:

Call Braidwood Police Dept. Non-Emergency (815)458-2341

Officer Will Be Dispatched To Open Up The City Council Chambers



## Godley Village Hall

150 S. Kankakee St. Godley

By Request Only

Call: (815)693-6907



## Diamond Village Hall

1750 Main St. Diamond

Mon.—Fri. 8am to 4pm

Call: (815)671-0617

## Wilmington City Hall

1165 S. Water St. Wilmington

By Request Only

Call: (815)405-0008

## Wilmington Lions Club

805 River St. Wilmington

By Request Only

Call: (815)405-0008



## HEAT EXHAUSTION OR HEAT STROKE?

### HEAT EXHAUSTION SYMPTOMS

1. Faint or dizzy
2. Excessive sweating
3. Cool, pale, clammy skin
4. Nausea, vomiting
5. Rapid, weak pulse
6. Muscle cramps

### HOW TO TREAT IT

1. Move to cooler location
2. Drink water
3. Take a cool shower or use cold compresses



### HEAT STROKE SYMPTOMS

1. Throbbing headache
2. No sweating
3. Body temp above 103°  
Red, hot, dry skin
4. Nausea, vomiting
5. Rapid, strong pulse
6. May lose consciousness

### HOW TO TREAT IT

1. Get emergency help
2. Keep cool until treated

## FROSTBITE

A victim is often unaware of frostbite because frozen tissue is numb.



### Signs & Symptoms

- Redness or pain in any skin area may be the first sign of frostbite.

### Other signs include:

- a white or grayish-yellow skin area
- skin that feels unusually firm or waxy
- numbness

## HYPOTHERMIA

Hypothermia often occurs at very cold temperatures, but can occur at cool temperatures (above 40°F), if a person is wet (from rain, sweat or cold water) and becomes chilled.



### Signs & Symptoms

#### Adults:

- shivering
- exhaustion
- confusion
- fumbling hands
- memory loss
- slurred speech
- drowsiness

#### Infants:

- bright red, cold skin
- very low energy