



Village of Roselle
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FOR IMMEDIATE RELEASE

July 20, 2016

Keeping Safe in the Heat

With heat indices that are expected to exceed 100 degrees Thursday and Friday this week and weekend forecasts calling for temperatures to stay above 90 degrees, officials at the Village of Roselle are encouraging residents to be prepared for extreme weather.

Residents are encouraged to follow these tips to stay safe in the summer heat:

- Stay hydrated. Drink plenty of fluids and avoid drinks with caffeine or alcohol.
- Stay indoors and avoid strenuous exercise during the hottest part of the day.
- If you don't have air conditioning, consider going to a mall or other indoor, air conditioned area.
- Consider going to the Roselle Public Library, 40 S. Park St., which is a designated cooling center in DuPage County. Call the library at (630) 529-1641 first to ensure it is open.
- Check on children, the elderly and those with functional needs to make sure they're staying safe.
- Ensure that your pets' needs for water and shade are being met.

Both DuPage and Cook Counties have listings of cooling sites throughout the counties on their websites, along with other heat-related resources. Visit their sites at <http://www.protectedupage.com> and <https://www.cookcountyil.gov/service/cooling-centers> for details.

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About Roselle

Roselle is a classic, welcoming hometown community with contemporary ideals; promoting strong family values, signature businesses, and new growth for generations to come. Visit www.roselle.il.us for more information.

