



Signs of Heat Illness

If your body gets too hot and can't cool down, you can get sick.

Heat Exhaustion



ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Heat exhaustion can lead to heat stroke.

Heat Stroke



ACT FAST - CALL 911

- Move person to cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat stroke can cause death or serious harm if emergency treatment is not given.



Cooling Centers

A cooling center is a place people can go to get relief from extreme heat. Even a few hours spent in air conditioning can help prevent heat-related illnesses.

During regular business hours, all Lincoln City Libraries and Lincoln Parks and Recreation Centers are available as cooling centers. Victory Park Senior Center will also be available.

During an **extreme heat warning**, the following cooling centers will be open until 8 p.m. daily:

Anderson Branch Library – 3635 Touzalin Ave. 402-441-8540
 Bennett Martin Public Library – 136 S. 14th St. 402-441-8500
 F Street Community Center – 1225 F St. 402-441-7951
 Victory Park Senior Center – 600 S. 70th St., 402-441-7070

Find more local cooling centers at lincoln.ne.gov/Heat



Lincoln-Lancaster County
HEALTH
DEPARTMENT

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