HEAT CRAMPS

Signs: Painful muscle spasms, often in calves, arms, abdomen, back
What to do: Rest and cool down. Drink clear juice or electrolyte drink if available. Do gentle stretching and range-of-motion exercises. Avoid strenuous activity for a few hours after cramps go away. Seek help if cramps last over 1 hour, especially if you have heart problems or are on a low-sodium diet.

HEAT EXHAUSTION

Signs: Cool, moist skin with goosebumps; heavy sweating; faintness; dizziness; fatigue; weak, rapid pulse; low blood pressure when standing; muscle cramps; nausea; headache; extreme thirst; mild confusion; decreased urination
What to do: Move to a cool place. Lie down, raise legs slightly. Remove tight clothing. Sip cool water or electrolyte drink if able. Cool down with whatever’s available (cool clothes, spray, fanning). Monitor closely. Get help if symptoms worsen or don’t improve with treatment.

HEAT STROKE

Signs: High fever (104°F or higher); confusion; agitation; slurred speech; hot, dry skin or heavy sweating; nausea; flushed skin; rapid pulse and breathing; headache; fainting; seizures
What to do: This is life-threatening. Get emergency help if possible. Move person to a cool area immediately. Remove outer clothing. Cool quickly: cool bath, shower, spray, or damp sheets. Place ice packs on neck, armpits, groin. If conscious, offer cool water or non-caffeinated drinks. Start CPR if needed.

SUNBURN

Signs: red, warm, painful skin; swelling; blisters (in severe cases)
What to do: Use cool (not cold) water for about 10 minutes several times a day. If no running water, use damp cloth orwhatever clean water source available. Apply aloe vera gel or calamine lotion if available (avoid benzocaine). Keep sunburned areas covered and out of sun while healing. Let blisters heal on their own to prevent infection. For peeling skin: Keep moisturizing, be gentle. Alternative remedies (if no medical supplies):
- Oatmeal paste: Mix oatmeal with a little water to make a paste. Apply to skin for soothing relief.
- Chamomile tea compress: Brew tea, let cool, apply with cloth to burn.

COOLING TIPS

- A Cooling Meditation for a Hot Summer’s Day (15 Minutes)

HEAT SHEET

STAYING COOL

Your body has natural ways of cooling itself, and you can enhance these processes even with limited resources. Here are some strategies to help you stay cooler:

- Loose, lightweight fabrics like cotton and linen can be more cooling than exposing skin. They allow sweat to evaporate while protecting you from direct sun.
- Wear light colors when possible, especially for outer layers since they reflect heat rather than absorb it.
- Wearing layers can create air pockets that can insulate from heat, but ensure each layer is light and loose enough for air circulation.
- Breathing through your nose and minimizing talking can reduce moisture loss through your mouth. If you do need to talk a lot or breathe through your mouth, loosely covering your nose and mouth with a cloth can help trap some of that moisture.
- If you have access to water, dampening cloths and placing them on pulse points (wrists, neck, elbows, groin, behind knees) can help cool blood near the surface of the skin.
- Misting exposed skin with water can provide cooling as it evaporates. However, in our humid climate, this might make you feel sticky and uncomfortable. Try it in a small area first to see how it affects you.

ELECTROLYTES

If we sweat a lot and lose too many electrolytes, we might start feeling tired, dizzy, or get muscle cramps. While commercial electrolyte drinks are convenient, they may not always be accessible. In a pinch, you can use simple ingredients to make your own electrolyte drink.

Ingredients:

- 1 cup (8 oz) water
- 1/8 tsp salt (provides sodium)
- 2-4 tsp lemon or lime juice, or a splash of any citrus juice (provides potassium and flavor)
- 1-2 tsp sugar or another sweetener to taste (provides carbohydrates for energy)

Optional add-ins:

- A splash of coconut water (provides various electrolytes)
- Mashed or juiced fresh fruit like berries or watermelon (for flavor and extra nutrients)
- Herbal tea (unsweetened) or a splash of 100% juice for flavor

Mix everything until combined. Note: You can scale up this recipe to make larger batches. For example, for a 1-liter drink (about 4 cups), use 1/2 tsp salt, 8-16 tsp citrus juice, and 4-8 tsp sweetener.

FINDING SHADE

Shade is essential for heat safety when indoor shelter isn’t an option. Consider these tips:

- Heat builds up quickly in areas with lots of concrete and asphalt. These surfaces absorb sunlight and release heat slowly, making surrounding air hotter. Look for spots near trees, grass, or water - these areas can be several degrees cooler.
- Position your shelter to take advantage of wind patterns between buildings - these areas often have stronger breezes. North-facing sides of buildings often provide more consistent shade throughout the day.
- When setting up a tarp or tent, choose locations away from heat-reflecting surfaces.
- Avoid setting up directly on heat-absorbing surfaces like asphalt if possible. Even a thin barrier of lighter material between you and a hot surface can make a difference.
- For additional cooling, drape a reflective surface (like an emergency blanket or foil-wrapped cardboard) over your shelter, leaving an air gap for ventilation.
- Create cross-breezes by opening opposite sides of your shelter. Hot air rises, so make high openings for it to escape and low openings for cooler air to enter. This creates natural air circulation.
- In the morning (when air is coolest), if you feel safe doing so, open up your shelter completely to let hot air escape. During the hottest parts of the day, keep your shelter closed but ensure there’s still airflow.
- If using a tarp, angle one side higher to create a chimney effect, letting hot air escape at the high point. If they are available, use lighter-colored materials for your shelter.

If you have access to a battery or solar powered fan and humidity is less than 50%, you can try this DIY air conditioner:

**Materials:** Thin towel/cloth, water, string/hanger, fan

1. Dampen the towel (not dripping).
2. Hang it in a doorway or open area.
3. Position the fan behind the damp towel.
4. Re-wet the towel as it dries out.

Try to position any cooling efforts near your body’s pulse points (wrists, neck, temples) for maximum effect. In high humidity, focus on increasing air movement rather than evaporative cooling. Always prioritize your safety and well-being.

ENERGY ASSISTANCE

DIY Air Conditioners
LIHEAP/ECIP
Cool Down
St. Louis
1. **Baden Branch Library SLPL**  
   8448 Church Road, Saint Louis, MO 63147  
   (314) 388-2400 - Mon 12:00PM-8:00PM; Tue-Thu 10:00AM-6:00PM; Fri-Sat 10:00AM-5:00PM

2. **Barr Branch Library SLPL**  
   1701 South Jefferson Avenue, Saint Louis, MO 63104  
   (314) 771-7040 - Mon 12:00PM-8:00PM; Tue-Thu 10:00AM-6:00PM; Fri-Sat 10:00AM-5:00PM

3. **Buder Branch Library SLPL**  
   4401 Hampton Avenue, Saint Louis, MO 63109  
   (314) 352-2900 - Mon-Thur 9:00AM-8:00PM; Fri-Sat 9:00AM-5:00PM; Sun 1:00PM-5:00PM

4. **Cabanee Branch Library SLPL**  
   1106 North Union Boulevard, Saint Louis, MO 63113  
   (314) 367-0717 - Mon 12:00PM-8:00PM; Tue-Thu 10:00AM-6:00PM; Fri-Sat 10:00AM-5:00PM

5. **Carondelet Branch Library SLPL**  
   6800 Michigan Avenue, Saint Louis, MO 63111  
   (314) 752-9224 - Mon 12:00PM-8:00PM; Tue-Thu 10:00AM-6:00PM; Fri-Sat 10:00AM-5:00PM

6. **Carpenter Branch Library SLPL**  
   3309 South Grand Boulevard, Saint Louis, MO 63118  
   (314) 772-6586 - Mon-Wed 9:00AM-8:00PM; Fri-Sat 9:00AM-5:00PM; Sun 1:00PM-5:00PM

7. **Christ Church Cathedral**  
   1210 Locust Street, Saint Louis, MO 63103  
   (314) 255-1641 - Mon-Fri 9:00AM-4:00PM

8. **City Seniors, Inc. (Bevo Senior Center) SLAAA**  
   4705 Ridgewood Avenue, Saint Louis, MO 63116  
   (314) 352-0141 - Mon-Fri 8:00AM-4:30PM

9. **Divoll Branch SLPL**  
   4234 North Grand Boulevard, Saint Louis, MO 63107 - (314) 534-0313 - Mon 12:00PM-8:00PM; Tue-Thu 10:00AM-6:00PM; Fri-Sat 10:00AM-5:00PM

10. **Five Star Senior Center SLAAA**  
    2832 Arsenal Street, Saint Louis, MO 63118  
    (314) 664-1008 - Mon-Fri 9:00AM-3:00PM

11. **Julia Davis Branch Library SLPL**  
    4415 Natural Bridge Avenue, Saint Louis, MO 63115  
    (314) 383-3021 - Mon-Thu 9:00AM-8:00PM; Fri-Sat 9:00AM-5:00PM; Sun 1:00PM-5:00PM

12. **Kingshighway Branch Library SLPL**  
    2260 South Vandeventer Avenue, Saint Louis, MO 63110  
    (314) 771-5450 - Mon 12:00PM-8:00PM; Tue-Thu 10:00AM-6:00PM; Fri-Sat 10:00AM-5:00PM

13. **Machacek Branch Library SLPL**  
    6424 Scanlan Avenue, Saint Louis, MO 63139  
    (314) 781-2948 - Mon 12:00PM-8:00PM; Tue-Thu 10:00AM-6:00PM; Fri-Sat 10:00AM-5:00PM

14. **Northside Youth and Senior Service Center**  
    4120 Maffitt Avenue, Saint Louis, MO 63113  
    (314) 531-4161 - Mon-Fri 9:00AM-3:00PM

15. **Schlafly Branch Library SLPL**  
    225 North Euclid Avenue, Saint Louis, MO 63108  
    (314) 367-4120 - Mon-Thu 9:00AM-8:00PM; Fri-Sat 9:00AM-5:00PM; Sun 1:00PM-5:00PM

16. **St. Louis Public Library Central**  
    1301 Olive Street, Saint Louis, MO 63103  
    (314) 241-2288 - Mon-Thu 9:00AM-8:00PM; Fri-Sat 9:00AM-5:00PM; Sun 1:00PM-5:00PM

17. **St. Louis Public Library Central Express**  
    815 Olive Street, Saint Louis, MO 63103  
    (314) 206-6755 - Mon-Fri 10:00AM-5:00PM

18. **State of Missouri: Eastern Region Board of Probation and Parole**  
    220 South Jefferson Avenue, Saint Louis, MO 63103  
    (314) 877-1176 - Mon-Fri 8:00AM-5:00PM

19. **Walnut Park Branch Library SLPL**  
    5760 West Florissant Avenue, Saint Louis, MO 63120  
    (314) 383-1210 - Mon 12:00PM-8:00PM; Tue-Thu 10:00AM-6:00PM; Fri-Sat 10:00AM-5:00PM

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**Swimming Pools**

- **Outdoor Pools**
  - **Chambers Pool**  
    3115 Franklin Ave, St. Louis, MO 63106 | (314) 534-7953
    7 days a week: 12:00PM-6:00PM (Closed for shift change 2:30PM-3:30PM)
  - **Fairgrounds Pool**  
    4011 Natural Bridge Ave, St. Louis, MO 63107  
    (314) 533-2702 - 7 days a week: 12:00PM-6:00PM  
    (Closed for shift change 2:30PM-3:30PM)
  - **Marquette Pool**  
    4025 Minnesota Ave, St. Louis, MO 63118  
    (314) 353-1250 - 7 days a week: 12:00PM-6:00PM

- **Indooor Pools**
  - **12th and Park Pool**  
    1410 S Tucker Blvd, St. Louis, MO 63104 | (314) 589-6142
    Monday - Friday: Open Swim 9:00AM - 1:00PM
  - **Cherokee Pool**  
    3200 S Jefferson Ave, St. Louis, MO 63118 | (314) 664-0582
    Monday - Friday: Open Swim 9:00AM - 12:00PM
  - **Tandy Pool**  
    4206 Kennerly Ave, St. Louis, MO 63113 | (314) 652-5131
    Monday - Friday: Open Swim 11:30AM - 1:00PM
  - **Wohl Pool**  
    1515 Kingshighway Blvd, St. Louis, MO 63113  
    (314) 367-2292
    Monday, Wednesday, Friday: Open Swim 10:00AM - 1:00PM

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**WATER FOUNTAINS**

- 14th St & Market Ave
- Page Blvd & Hodiamon Ave
- Carondelet Park near big gazebo just off Grand as it cuts through the park
- South Grand near Schnucks at Gravois
- Soulard at 8th and Allen
- North Grand near North Market
- South Broadway & Courtois Street
- Carr Street and N Broadway (this is a dead end for Carr Street though so will need to take 6th street and then go east on Carr Street)

(Not all may be in service)