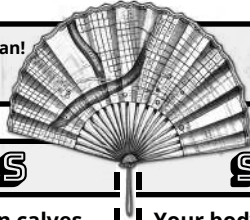


Decorate this paper and turn it into a hand fan!
Create your fan by accordion-folding the paper
in 1-inch sections and securing one end.*



HEAT SHEET

*For best cooling, use slow, wide motions aimed at your neck or wrists, especially in still air. While fans can provide relief, avoid using in very hot (over 95°) or humid conditions, when dehydrated, or if fanning is causing exertion.

HEAT CRAMPS

STAYING COOL

FINDING SHADE

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.

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.

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.

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 cloths, spray, fanning). Monitor closely. Get help if symptoms worsen or don't improve with treatment.

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.

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.

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.

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 or whatever 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.

ENERGY ASSISTANCE



DIY Air Conditioners

LIHEAP/ECIP

Cool Down St. Louis



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



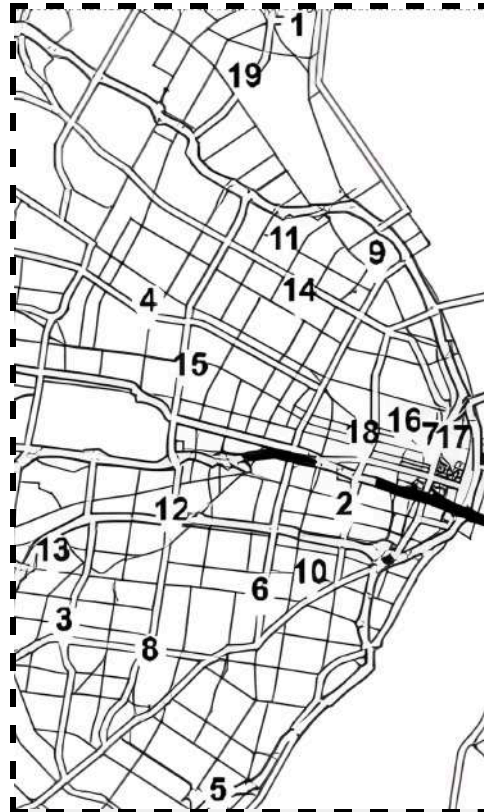
HEAT SHEET (UPDATED 6-21-2024)

COOLING CENTERS



- 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
- 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
- Buder Branch Library SLPL**
4401 Hampton Avenue, Saint Louis, MO 63109
(314) 352-2900 - Mon-Thu 9:00AM-8:00PM; Fri-Sat 9:00AM-5:00PM; Sun 1:00PM-5:00PM
- Cabanne 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
- 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
- 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
- Christ Church Cathedral**
1210 Locust Street, Saint Louis, MO 63103
(314) 255-1641 - Mon-Fri 9:00AM-4:00PM
- City Seniors. Inc. (Bevo Senior Center) SLAAA**
4705 Ridgewood Avenue, Saint Louis, MO 63116
(314) 352-0141 - Mon-Fri 8:00AM-4:30PM
- 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
- Five Star Senior Center SLAAA**
2832 Arsenal Street, Saint Louis, MO 63118
(314) 664-1008 - Mon-Fri 9:00AM-3:00PM
- 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
- 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
- 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
- Northside Youth and Senior Service Center**
4120 Maffitt Avenue, Saint Louis, MO 63113
(314) 531-4161 - Mon-Fri 9:00AM-3:00PM

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



WATER FOUNTAINS

- 14th St & Market Ave
- Page Blvd & Hodiamont Ave
- Carondelet Park near big gazebo just off Grand as it cuts through the park
- South Grand near Schnucks at Gravois
- Souldard 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)

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

Indoor Pools

- **12th and Park Pool**
1410 S Tucker Blvd, St. Louis, MO 63104 | (314) 589-6142 Monday, Wednesday, Friday: Open Swim 10:00AM - 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
- **Wahl Pool**
1515 Kingshighway Blvd, St. Louis, MO 63113
(314) 367-2292 Monday, Wednesday, Friday: Open Swim 10:00AM - 1:00PM