

# JOINT PRESS RELEASE - FOR IMMEDIATE RELEASE

## Media Contact:

Nick Kubiak  
McHenry County Department of Health  
Office: (815) 334-4456  
Cell: (815) 236-3238  
Email: [nxkubiak@mchenryilcounty.gov](mailto:nxkubiak@mchenryilcounty.gov)

August 21, 2023



## Staying Safe During a Heat Wave: What to Know and Where to Go

MCHENRY COUNTY, IL - The McHenry County Department of Health and the McHenry County Emergency Management Agency are sharing crucial information to help residents navigate this week's anticipated heatwave, which is expected to impact McHenry County and the surrounding areas. With temperatures projected to reach alarming levels and peak heat indices potentially reaching 105 to 115 degrees, it is important to know that heat index values are devised for shady, light wind conditions. Exposure to full sunshine can increase these values by up to 15 degrees. Staying informed and taking necessary precautions is critical to ensure everyone is safe during this extreme heat event.

The heat wave is set to intensify over the coming days. Peak heat indices in the upper 90s to near 100 degrees are possible, beginning as early as Monday afternoon. Stay informed of the forecast for the upcoming days by following the [National Weather Service's detailed forecast for McHenry County](#).

The NWS's [Hazardous Weather Outlook](#) indicates that heat risks will be on the rise in McHenry County in the coming days: starting with limited heat risk on Monday, August 21, rising to elevated heat risk on Tuesday, August 22, and peaking at significant heat risk on Wednesday, August 23, and Thursday, August 24, with intense, dangerous heat expected across the area and potential peak afternoon heat indices of 105 to 115 degrees. This will be followed by a return to limited heat risk on Friday, August 25.

Extreme heat can lead to heat stroke, heat cramps, heat exhaustion, dehydration, and death, according to the CDC. Groups that are more vulnerable to the heat are pregnant women, people with heart or lung conditions, young children, older adults, athletes, and outdoor workers. Here are critical steps to follow:

**Stay Hydrated:** Drink plenty of water throughout the day (at least 1 ½ to 2 quarts of water), even if you don't feel thirsty. Avoid alcohol and caffeine, as they can contribute to dehydration.

**Limit Outdoor Activities:** If possible, avoid outdoor activities during the hottest parts of the day. If you must be outside, take frequent breaks, wear lightweight clothing, and use sunscreen.

**Check on Vulnerable Individuals:** Keep a close eye on children, the elderly, and those with chronic health conditions. They are at a higher risk for heat-related illnesses.

**Know the Signs of Heat-Related Illness:** Familiarize yourself with the symptoms of heat exhaustion and heatstroke, such as heavy sweating, weakness, dizziness, nausea, and confusion. Seek medical attention if you or someone you know experiences these symptoms.

**Pet Safety:** Ensure that your pets have access to shade, fresh water, and a cool place to rest. Never leave pets in parked vehicles or out in direct heat. Minimize outdoor time and remember if it is too hot for you it is also too hot for your pet. When you do take your pet outdoors, watch for burns on the pads of their paws from hot pavement and black tops.

**Food Safety:** Monitor refrigeration unit temperatures to ensure the units are working properly. Cold foods that require temperature control should be maintained at 41 degrees Fahrenheit or below. Food temperatures can be checked using a clean, metal stemmed thermometer. If electricity is lost, keep refrigeration units closed during the power outage and check temperatures when power is restored. Foods that require refrigeration that are confirmed to be above 41 degrees Fahrenheit should be discarded.

**Stay Cool:** Spend time in air-conditioned places such as shopping malls, libraries, or community centers. If you don't have access to air conditioning, consider visiting cooling centers in your area. The [McHenry County Emergency Management Agency](#) maintains a list of cooling centers throughout McHenry County. These centers provide residents with a safe and air-conditioned environment to escape the heat. Here is the list of cooling centers (a downloadable version can be found on the [McHenry County Emergency Management website](#)).

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Municipality	Name	Address	Phone	Hours
Algonquin	Ganek Municipal Center	2200 Harnish Drive Algonquin, IL 60102	847.658.2700	Monday – Friday 8am - 5pm
Harvard	Harvard Senior Center	6817 Harvard Hills Road Harvard, IL 60033	815.943.2740	Monday: 10am - 3pm Thursday: 10am - 3pm
Harvard	Mercy Health Harvard Hospital	901 Grant Street Harvard, IL 60033	815.943.5431	24 / 7
Island Lake	Island Lake Village Hall	3720 Greenleaf Avenue Island Lake, IL 60042	847.526.8764	Monday – Friday 8am - 4:30pm
Lake in the Hills	Irv Floress Safety Education Center	1109 Crystal Lake Road Lake in the Hills, IL 60156	847.658.5676	Please Call in Advance
Lakemoor	Lakemoor Police Dept	28581 W IL Route 120 Lakemoor, IL 60051	815.385.4111	Monday – Friday 8am - 4:30pm
Lakewood	Lakewood Village Hall	2500 Lake Avenue Lakewood, IL 60014	815.459.3025	Monday – Friday 8:30am - 4:30pm
Marengo	Marengo City Hall	132 E Prairie Marengo, IL 60152	815.568.7112	During Working Hours Only
Marengo	Marengo Park District	825 Indian Oaks Trail Marengo, IL 60152	815.568.5126	Monday – Friday 8am - 7pm
Prairie Grove	Prairie Grove Village Hall	3125 Barreville Road Prairie Grove, IL 60012	815.455.1411	Monday – Friday 8:30am - 4:30pm
McHenry	McHenry City Hall	333 S Green Street McHenry, IL 60050	815.363.2100	Monday – Friday 8am - 4:30pm
McHenry	McHenry Township	3703 N Richmond Road Johnsburg, IL 60051	815.385.5605	Monday - Friday 8:30am - 4:30pm Contact Debbie Macrito (during business hours) if center is needed after 4:30pm.
Port Barrington	Port Barrington Community Room	75 S Circle Avenue Port Barrington, IL 60010	847.639.7595	During Working Hours Only
Woodstock	Woodstock Public Library	414 W Judd Woodstock, IL 60098	815.338.0542	Monday – Thursday 9am - 8pm  Friday – Saturday 9am - 5pm (Not open until noon on first Friday of the month)
Woodstock	McHenry County Judicial Center	2200 N Seminary Avenue Woodstock, IL 60098	815.334.4000	Monday – Friday 8am - 4:30pm