

News



City of St. Louis *Department of Health*

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Heat Advisory Issued for Wednesday through Friday

Extreme heat has returned to portions of eastern Missouri and southern Illinois. A Heat Advisory has been issued by the National Weather Service in St. Louis from [11 a.m. Wednesday, July 26, and will remain in effect until 9 p.m. Friday, July 28, 2023](#). Heat index values of up to 109°F are expected and hot temperatures and high humidity may cause heat illnesses.

The City of St. Louis Department of Health joins the National Weather Service in reminding residents and visitors to the city to never leave children in parked vehicles, even if the windows are cracked. Temperatures inside vehicles can rise almost 20 degrees within the first 10 minutes, even with a window cracked open. Children left unattended in parked cars are at heightened risk for heat stroke, and possibly death. Also:

- Drink plenty of non-alcoholic fluids
- Routinely cool off in an air-conditioned area
- Check on relatives and neighbors
- If you must be outdoors, take frequent breaks in the shade or in an air-conditioned environment and limit exercise to early mornings or evening hours
- Don't forget about your pet – if they must be outside, ensure they have shade and fresh cool water, and never leave them in a parked vehicle

CoolDown St. Louis is helping area seniors and people with physical disabilities who qualify for new air-conditioning units and utilities this summer. Low-to-moderate-income households may also seek utility assistance through CoolDownStLouis.org. Seniors may call the automated hotline at 314-241-0001 or 314-657-1599 for assistance. To be considered for an air conditioner, seniors or individuals with physical disabilities must not have a working air conditioner.

For help with a severe heat-related illness, call 911 immediately. Anyone overcome by heat should be moved to a cool and shaded location. Additional tips on child safety and child injury prevention can be found on the [Safe Kids Worldwide Heat Stroke](#) website.

Please visit the [City of St. Louis Hot Weather](#) website for safety-related information on extreme heat. To receive updates on heat advisories and other important alerts in the future, subscribe to emergency notifications at www.stlouis-mo.gov/notifystl.

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