

News



City of St. Louis Department of Health

**For Immediate Release
June 19, 2025**

MEDIA CONTACT:
Erin Ford
(314) 657-1483
ford@stlouis-mo.gov

City of St. Louis Department of Health Reminds Residents About Heat Safety and Resources as Dangerous Heat Approaches

Residents are encouraged to take precautions and access cooling resources during the upcoming period of extreme heat.

The City of St. Louis Department of Health is encouraging citizens to prepare for the possibility of extremely high temperatures beginning Saturday, June 21, 2025. Temperatures, although seasonal, will be at potentially dangerous levels during an extended period for the first time this season.

“Extreme summer heat and high humidity can lead to dangerously high temperatures, resulting in heat illness or even death,” said Victoria Anwuri, Commissioner of Health, City of St. Louis Department of Health. “We urge residents to stay vigilant in the coming days. Keep your air conditioning on, monitor weather reports, and check on those at risk for heat-related illnesses, including the elderly, young children, and individuals on medications like beta blockers or diuretics.”

Recommendations for residents to stay safe in extreme hot weather include:

- Stay in the coolest environment possible and limit or stop outdoor activity.
- Stay informed of weather conditions.
- Wear light, loose clothing.
- Try to spend at least part of each day in air conditioning.

- Drink plenty of cool water to prevent dehydration and avoid beverages containing alcohol or caffeine.
- Check in regularly on elderly, chronically ill, or homebound relatives, neighbors, and friends. If they have air conditioning available, encourage them to use it.

Cool Down St. Louis is helping area seniors and people with disabilities with their air-conditioning and utilities, and area low-income households may also apply for utility assistance only, at 314-241-0001, or www.cooldownstlouis.org. The A/Cs are on a first come basis and are for those household categories that have absolutely no working A/C. The electrical outlets must be working and safe in order to avoid circuit surges and house fires.

The Red Cross is now opening its [overnight shelters](#) during the day from 10 AM to 4 PM for residents seeking a place to cool off.

City of St. Louis Animal Care and Control, a division of the Department of Health, also wants residents to consider their pets during extreme heat. Pets should never be left unattended in vehicles, and should have access to fresh water and shade at all times.

For information on [cooling sites](#), contact the United Way Greater St. Louis Information Referral line at 1-800-427-4626 (TTY 1-866-385-6525) or, if calling from a landline phone, dial 2-1-1. For help with a serious heat-related illness, call 911.

Additional tips on child safety and child injury prevention can be found at http://www.safekids.org/safetytips/field_risks/heatstroke.

Additional safety tips related to extreme heat can be found in the City Emergency Management Agency's [Hot Weather webpage](#) and in the City of St Louis Department of Health's [Summer in the City booklet](#).

For more information, please contact the City of St. Louis Department of Health at 314-612-5100 or health@stlouis-mo.gov.

###

About the City of St. Louis Department of Health

The [City of St. Louis Department of Health](#) is a nationally accredited public health department that serves the more than 300,000 residents of the City of St. Louis. The Department works to assure a healthy St. Louis community through quality public health services and partnerships.