



**ST. JOSEPH COUNTY**  
DEPARTMENT OF HEALTH  
Prevent. Promote. Protect.

# St. Joseph County Department of Health

*"To promote health and wellness with compassion and integrity through partnerships, education, protection, and advocacy for all who reside in and visit St. Joseph County"*

**FOR IMMEDIATE RELEASE**  
**June 14, 2024**

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**(574) 235-9570 x 7904**

## **Extreme Heat Public Advisory**

Due to high daily temperatures and a heat index potentially reaching over 100 degrees for the next several days, the St. Joseph County Department of Health is issuing a Public Health Advisory. Exposure to extreme heat outdoors, or the inability to cool down, can cause serious, life-threatening health problems.

The St. Joseph County Department of Health wants to remind the public to take the following important precautions to prevent heat-related illness and injuries:

- Wear appropriate clothing- light & breathable.
- Stay in cooler areas such as indoors or shaded areas.
- Apply sunscreen to all exposed areas of skin.
- Do not leave children or pets in cars even if A/C is on
- Avoid hot and heavy meals.
- Drink plenty of water and refrain from drinking sugary or alcoholic drinks.
- Keep your pet hydrated and check asphalt temperatures **before** walking them.
- Check in on those at high risk of suffering from a heat-related illness (e.g., young children, older adults, individuals with chronic conditions, individuals without central air, etc.).
- Know the signs and symptoms of heat-related illness.
  - Skin irritation
  - Muscle pain or spasms
  - Fatigue/Irritability
  - Extreme thirst
  - Headache
  - Nausea
  - Confusion
  - Slurred speech
  - Unconsciousness
  - Seizures
- If anyone you know or see is experiencing any symptoms, please call **911** and place them in a cool area to recover.

227 W. Jefferson Blvd. | 8th Fl. | South Bend, IN 46601  
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The City of South Bend's community centers and local libraries are open as cooling spaces.

- Charles Black Community Center
  - Mon-Thurs: 9 a.m. – 9 p.m.
  - Fri: 9 a.m. – 5 p.m.
  - Closed Sat & Sun
- Howard Park Event Center
  - Mon-Fri: 8 a.m. – 8 p.m.
  - Sat: 10 a.m. – 9 p.m.
  - Sun: 12 p.m. – 6 p.m.
- O'Brien Fitness Center
  - Mon-Thur: 5 a.m. – 9 p.m.
  - Fri: 5 a.m. – 7:30 p.m.
  - Sat: 6 a.m. – 3 p.m.
  - Sun: 9 a.m. – 2 p.m.
- St. Joe County Public Library
  - Check with your local library.

For those experiencing homelessness, please refer to the map on page 3 to find the nearest resources available during this extreme heat.

For more information, please visit the Centers for Disease Control & Prevention at [www.cdc.gov](http://www.cdc.gov) and stay up to date with information by following the St. Joseph County Department of Health on social media (Facebook and Twitter).

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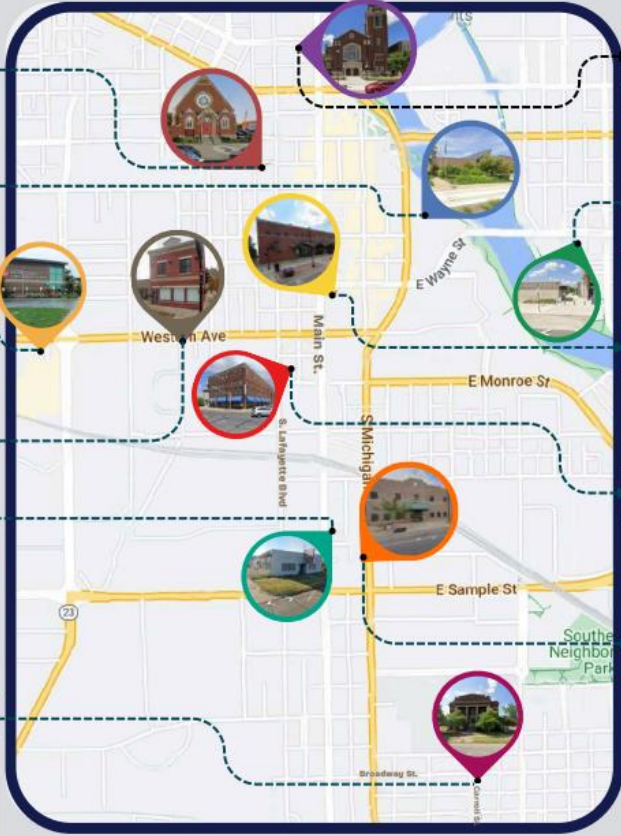
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# Homelessness Resources

CITY OF SOUTH BEND, IN



- 1 ST. MARGARET'S HOUSE**  
**117 N LAFAYETTE**  
Women & children day shelter  
 10am-3pm M-F  
 Support, advocacy, basic needs, community, breakfast and lunch.
- 2 CENTURY CENTER**  
**120 DR. MARTIN LUTHER KING JR. BLVD**  
 Seating and restrooms open to the public. Limited hours **Public Space**
- 3 KROC CENTER**  
**900 W. WESTERN AVE.**  
 Mondays, Wednesdays and Fridays from 2-4pm at the **Family Resource Center** (door W12, far westside)  
**Public Space Office:** 574-233-9471  
**Food Pantry:** M, W, & F (9am-12pm)
- 4 MONROE CIRCLE COMMUNITY CENTER**  
**526 W. WESTERN**  
 Food Pantry every Monday 5-7 p.m.
- 5 OUR LADY OF THE ROAD**  
**744 S. MAIN ST.**  
 Breakfast, clothing, showers, laundry. Friday, Saturday 8-11/Sunday 8-10  
 OLR Intake for Motels4Now, Fridays 8-10:00am 574-222-0417. Low barrier temporary housing. Check in and sign up for waitlist.
- 6 BROADWAY CHRISTIAN PARISH UMC**  
**1412 CARROLL ST.**  
 8-10:30 am, Monday through Thursday (corner of Broadway and Carroll St) 574-289-0333  
 Breakfast, toiletries, clothing, food pantry T-Th, showers, laundry phone, mail, health care providers  
 Tuesdays, advocacy services on Wednesday, snack day bags



- 7 DOWNTOWN SOUP KITCHEN | FIRST UNITED METHODIST CHURCH | 333 N. MAIN ST.**  
**Lunch sit down** 11:30am-12:30pm  
 Mondays, Wednesdays & Fridays (soup, bread, drink, & dessert)  
**Food pantry** Tuesdays 10-1.  
**Recovery Cafe** 9a-4p (574-217-7331)
- 8 HOWARD PARK**  
**219 S. ST. LOUIS BLVD**  
 Monday-Friday: 8am-8pm, Saturday: 10am-8pm  
 Sunday: 1-5pm Seating and restrooms open to public **Public Space**
- 9 ST. JOSEPH PUBLIC LIBRARY**  
**304 S. MAIN STREET**  
 M-Th 9am-8pm, F-Sa 9am-5pm, Su 1-5pm (until Memorial Day) Information, Resources, meeting rooms  
 Cultivate meals on 2nd floor Commons, delivered M,W. **Public Space**
- 10 HOPE MINISTRIES**  
**432 S. LAFAYETTE**  
 (north of parking lot entrance) **Shelter**  
**Lunch** 11:45-12:30pm, **Dinner** 6:30-7:30pm  
 7 days a week. Check in all bags. Men, women, & families. 574-235-4150
- 11 CENTER FOR THE HOMELESS**  
**813 S. MICHIGAN ST.**  
**Residential Shelter.**  
 574-282-8700

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