



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

Date: August 26, 2024

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August 27th, 2024, Heat Advisory

Due to high temperature and heat index reaching over 100 degrees for Tuesday, August 27th, 2024, 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 area such as indoors or shaded areas.
- Apply sunscreen to all exposed areas of skin.
- Do not leave children or pets in cars even if AC 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 (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 are experiencing any symptoms, please call 911 and place them in a cool area to recover.

The City of South Bend's community centers are open as cooling centers as well as local libraries. Please visit the City of South Bend's website <https://southbend.in.gov/city-announces-2024-cooling-centers/> for locations and hours.

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

For more information, please visit Centers for Disease Control & Prevention at 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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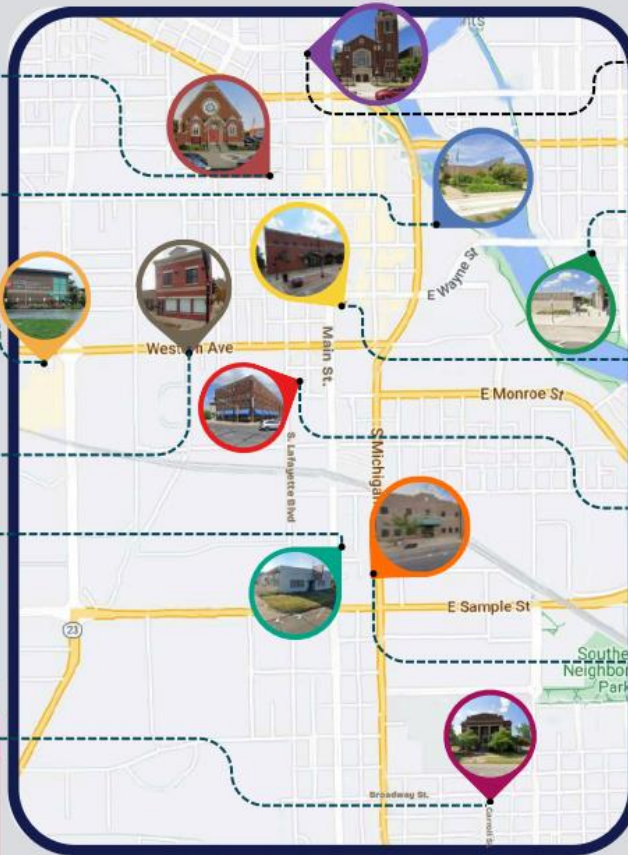
Homelessness Resources



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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