



# Boone County Emergency Management

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*Homeland Security  
Hazardous Materials  
Resource Management  
Emergency Response Coordination*

*Prepare  
Respond  
Recover  
Mitigate*

## Heat Advisory – August 2022

In anticipation of high temperatures over the next few days in Boone County, Iowa. These cities are providing cooling centers for area residents:

City of Boone will have the Auditorium at City Hall open for those citizens needing some relief from the heat. The hours will be Tuesday August 2<sup>nd</sup>, 2022 through Friday August 5<sup>th</sup>, 2022 from 8-5pm.

City of Madrid residents in need of cooling can go to City Hall and the Community Center. The hours for City Hall and the Community Center will be Tuesday August 2<sup>nd</sup>, 2022 through Friday August 5<sup>th</sup>, 2022 from 8:30-5pm. For the Community Center please go to City Hall to have them unlock it.

City of Ogden will have the City Hall open for residents to cool down. The hours will be Tuesday August 2<sup>nd</sup>, 2022 through Friday August 5<sup>th</sup>, 2022 from 8-4:30pm.

### **Tips to keep you safe!**

#### **Who's at Risk**

- Adults over 65
- Children under 4
- People with existing medical problems (such as heart disease)
- People without access to air conditioning

#### **What can you Do?**

- **Stay Cool**
  - o Find an air-conditioned shelter
  - o Avoid direct sunlight
  - o Wear lightweight, light colored clothing
  - o Take cool showers or baths
- **Stay Hydrated**
  - o Drink more water than usual
  - o Don't wait until you're thirsty to drink more fluids
  - o Avoid alcohol or liquids containing high amounts of sugar