

# Extreme Heat Alert

Stay safe and prepared during high temperatures

Temperatures are expected to rise to dangerous levels in the coming days.

Extreme heat can be particularly hazardous for children, seniors, those with special needs, and pets. In addition to discomfort and fatigue, high temperatures can cause [heat-related illnesses](#): heat cramps, heat exhaustion, and heat stroke.

If you need a cooling center, please see the list below or follow the link to search for one near you. Please keep in mind public spaces open as cooling centers during extreme heat advisory, these may include public libraries, malls, or senior/ community centers.

To protect yourself and others during extreme heat, please familiarize yourself with the following guidelines.

- Know the [terms](#) used by the National Weather Service during extreme heat: Heat Wave, Excessive Heat Watch, Heat Advisory, Excessive Heat Warning, and Heat Index.
- Stay out of the sun. If you must be in the sun, wear sunscreen (at least SPF 15) and a wide-brimmed hat.
- Stay in the shade or under awnings as much as possible.
- Avoid overexertion and strenuous outdoor activities.
- Wear lightweight, light-colored, loose-fitting clothes that cover as much skin as possible to prevent sunburn.
- Consume plenty of non-alcoholic, non-caffeinated fluids, even if you don't feel thirsty. Water, diluted juices, and electrolyte solutions are best. Stay away from carbonated drinks.
- Avoid alcohol.
- If you are on a fluid-restricted diet or taking diuretics, consult your doctor before exposing yourself to heat.
- Keep lights in your home low or off, keep shades drawn, and avoid using the oven.
- Keep rooms well-ventilated with air conditioners and fans. Keep your windows open if you don't have air conditioning or a fan.

**Note:** Fans will not prevent heat-related illness when the temperature is in the high 90s.

- Cool down with cool, wet towels and periodic cool baths or showers.
- Take advantage of cooling centers, public pools, and air-conditioned stores and malls during periods of extreme heat.
- Exposure to air conditioning for even a few hours a day will reduce the risk for heat-related illness.
- Closely monitor children, the elderly, or those who require special care during periods of intense summer heat.
- Do not leave children or pets in a closed vehicle, even for a few minutes. On a hot day, temperatures inside a closed vehicle can reach 140°F-190°F within 30 minutes.
- Make a special effort to check on your neighbors during a heat wave, especially if they are seniors, families with young children, people with special needs, or living alone.
- Seniors and others who may be sensitive to extreme heat should contact friends, neighbors, or relatives periodically throughout the day.
- Seek help if you feel symptoms of heat-related illnesses.

For Additional Information

- [Find a cooling center](#)
- [Preparing for Heat Waves – American Red Cross](#)
- [Prepárese para las horas de calor – Cruz Roja Americana](#)

- [Summer? No Sweat. A Summer Survival Guide - Illinois Department of Public Health \(IDPH\)](#)
- [Hot Weather Safety Tips for Senior Citizens - Illinois Department on Aging](#)

Illinois Emergency Management Agency. "Extreme Temperatures: Heat." Ready Illinois, n.d., <https://ready.illinois.gov/hazards/extremetempshot.html>. Accessed 22 July 2025.

# Cooling Centers in Lake County, IL

## Antioch Senior Center

Facility Name	Antioch Senior Center
Facility Address	817 Holbeck Dr, Antioch, Illinois, 60002
Hours of Operation	Open only for certain conditions
Phone Number	847-395-0139
Website	<a href="#">More info</a>
Additional Information	

## Avon Township

Facility Name	Avon Township
Facility Address	433 E Washington St, Round Lake Park, Illinois, 60073
Hours of Operation	Open only for certain conditions
Phone Number	847-546-1446
Website	<a href="http://www.avonil.us">www.avonil.us</a>
Additional Information	Please contact Avon Township Center before arriving at the center to plan.

## Barrington Metra Train Station

Facility Name	Barrington Metra Train Station
Facility Address	201 Spring St, Barrington, Illinois, 60010
Hours of Operation	Monday: 05:00am - 10:00pm Tuesday: 05:00am - 10:00pm Wednesday: 05:00am - 10:00pm Thursday: 05:00am - 10:00pm Friday: 05:00am - 10:00pm Saturday: 05:00am - 10:00pm Sunday: 05:00am - 10:00pm
Phone Number	847-304-3300
Website	<a href="#">More info</a>
Additional Information	From 10pm to 5am the Barrington Public Safety Building will serve as a Cooling Center for the Village.

## Barrington Public Safety Building

Facility Name	Barrington Public Safety Building
Facility Address	400 N Northwest Hwy, Barrington, Illinois, 60010
Hours of Operation	Monday: 10:00pm - 5:00am Tuesday: 10:00pm - 5:00am Wednesday: 10:00pm - 5:00am Thursday: 10:00pm - 5:00am Friday: 10:00pm - 5:00am Saturday: 10:00pm - 5:00am Sunday: 10:00pm - 5:00am
Phone Number	847-304-3300
Website	<a href="#">More info</a>
Additional Information	From 5am to 10pm the Barrington Metra Train Station will serve as a Cooling Center for the Village.

## Dickinson Hall

Facility Name	Dickinson Hall
Facility Address	100 E Old Mill Rd, Lake Forest, Illinois, 60045

Hours of Operation Monday: 08:30am - 04:00pm Tuesday: 08:30am - 04:00pm Wednesday: 08:30am - 04:00pm Thursday: 08:30am - 04:00pm Friday: 08:30am - 04:00pm Saturday: Closed Sunday: Closed

Phone Number 847-234-2209

Website [www.cityoflakeforest.com](http://www.cityoflakeforest.com)

#### **Gurnee Mills Mall**

Facility Name Gurnee Mills Mall

Facility Address 6170 W Grand Ave, Gurnee, Illinois, 60031

Hours of Operation "Monday: 10:00am - 08:00pm Tuesday: 10:00am - 08:00pm Wednesday: 10:00am - 08:00pm Thursday: 10:00am - 08:00pm Friday: 10:00am - 08:00pm Saturday: 10:00am - 08:00pm Sunday: 11:00am - 07:00pm"

Phone Number 847-263-2414

Website [www.simon.com/mall/gurnee-mills](http://www.simon.com/mall/gurnee-mills)

#### **Hawthorn Mall**

Facility Name Hawthorn Mall

Facility Address 122 Hawthorn Ctr, Vernon Hills, Illinois, 60061

Hours of Operation Monday: 11:00am - 08:00pm Tuesday: 11:00am - 08:00pm Wednesday: 11:00am - 08:00pm Thursday: 11:00am - 08:00pm Friday: 11:00am - 08:00pm Saturday: 11:00am - 08:00pm Sunday: 11:00am - 06:00pm

Phone Number 847-362-2964

Website [More info](#)

#### **Illinois Department of Human Services**

Facility Name Illinois Department of Human Services

Facility Address 2000 N Lewis Ave, Waukegan, Illinois, 60087

Hours of Operation Monday: 08:30am - 05:00pm Tuesday: 08:30am - 05:00pm Wednesday: 08:30am - 05:00pm Thursday: 08:30am - 05:00pm Friday: 08:30am - 05:00pm Saturday: Closed Sunday: Closed

Phone Number 847-336-5212

Website <https://www.dhs.state.il.us/Page.aspx?module=12&officetype=&county=Lake>

#### **Island Lake Village Hall**

Facility Name Island Lake Village Hall

Facility Address 3720 Greenleaf Ave, Island Lake, Illinois, 60042

Hours of Operation "Monday: 08:30am - 04:30pm Tuesday: 08:30am - 04:30pm Wednesday: 08:30am - 04:30pm Thursday: 08:30am - 04:30pm Friday: 08:30am - 04:30pm Saturday: Closed Sunday: Closed"

Phone Number 847-526-8764

Website [More info](#)

#### **Lindenhurst Village Hall**

Facility Name Lindenhurst Village Hall

Facility Address 2301 E Sand Lake Rd, Lindenhurst, Illinois, 60046

Hours of Operation Monday: 08:30am-04:30pm Tuesday: 08:30am-04:30pm Wednesday: 08:30am-04:30pm Thursday: 08:30am-04:30pm Friday: 08:30am-04:30pm Saturday: Closed Sunday: Closed

Phone Number 847-356-8252

Website [www.lindenhurstil.org](http://www.lindenhurstil.org)

Additional Information After hours, the Police Department will serve as a cooling center in Lindenhurst. The Police Station is located at 2300 E. Grand Avenue.

#### **Patricia A Jones Center**

Facility Name Patricia A Jones Center

Facility Address 414 S Lewis Ave, Waukegan, Illinois, 60085

Hours of Operation Monday: 09:00am - 04:30pm Tuesday: 09:00am - 04:30pm Wednesday: 09:00am - 04:30pm Thursday: 09:00am - 04:30pm Friday: 09:00am - 04:30pm Saturday: Closed Sunday: Closed

Phone Number 847-244-9242

Website [More info](#)

Additional Information This facility is designed for those ages 55 and older

#### **Schlader Building**

Facility Name Schlader Building

Facility Address 2700 9th St, Winthrop Harbor, Illinois, 60096

Hours of Operation Open only for certain conditions

Phone Number 847-746-3505

Website [www.winthropharbor.com](http://www.winthropharbor.com)

#### **Vehe Barn**

Facility Name Vehe Barn

Facility Address 23680 W Cuba Rd, Deer Park, Illinois, 60010

Hours of Operation Monday: 08:00am - 04:00pm Tuesday: 08:00am - 04:00pm Wednesday: 08:00am - 04:00pm Thursday: 08:00am - 04:00pm Friday: 08:00am - 04:00pm Saturday: Closed Sunday: Closed

Phone Number 847-726-1648

Website [More info](#)

Additional Information The Center is only open if needed - please call first to ensure the Cooling Center is open.

#### **Wauconda Township Hall**

Facility Name Wauconda Township Hall

Facility Address 505 W Bonner Rd, Wauconda, Illinois, 60084

Hours of Operation Monday: 08:00am - 04:30pm Tuesday: 08:00am - 04:30pm Wednesday: 08:00am - 04:30pm Thursday: 08:00am - 04:30pm Friday: 08:00am - 04:30pm Saturday: Closed Sunday: Closed

Phone Number 847-526-2631

Website [waucondatownship.com](http://waucondatownship.com)

Additional Information Unless emergency situation. Call prior to going to site.

#### **Waukegan Public Library**

Facility Name Waukegan Public Library

Facility Address 128 N County St, Waukegan, Illinois, 60085

Hours of Operation Monday: 10:00am - 08:00pm Tuesday: 10:00am - 08:00pm Wednesday: 10:00am - 08:00pm Thursday: 10:00am - 08:00pm Friday: 10:00am - 08:00pm Saturday: 10:00am - 06:00pm Sunday: 01:00pm - 05:00pm

Phone Number 847-623-2041

Website [More info](#)

#### **Winthrop Harbor Village Hall**

Facility Name Winthrop Harbor Village Hall

Facility Address 830 Sheridan Rd, Winthrop Harbor, Illinois, 60096

Hours of Operation Monday: 09:00am - 04:30pm Tuesday: 09:00am - 04:30pm Wednesday: 09:00am - 04:30pm Thursday: 09:00am - 04:30pm  
Friday: 09:00am - 04:30pm Saturday: Closed Sunday: Closed

Phone Number 847-872-3846

Website [www.winthropharbor.com](http://www.winthropharbor.com)

#### **Zion Benton Public Library District**

Facility Name Zion Benton Public Library District

Facility Address 2400 Gabriel Ave, Zion, Illinois, 60099

Hours of Operation Monday: 09:00am - 09:00pm Tuesday: 09:00am - 09:00pm Wednesday: 09:00am - 09:00pm Thursday: 09:00am - 09:00pm  
Friday: Closed Saturday: 09:00am - 05:00pm Sunday: 01:00pm - 05:00pm

Phone Number 847-872-4680

Website [More info](#)

#### **Zion City Hall**

Facility Name Zion City Hall

Facility Address 2828 Sheridan Rd, Zion, Illinois, 60099

Hours of Operation Monday: 08:00am - 05:00pm Tuesday: 08:00am - 05:00pm Wednesday: 08:00am - 05:00pm Thursday: 08:00am - 05:00pm  
Friday: 08:00am - 05:00pm Saturday: Closed Sunday: Closed

Phone Number 847-746-4000

Website [cityofzion.com](http://cityofzion.com)

#### **Zion Park District - Leisure Center**

Facility Name Zion Park District - Leisure Center

Facility Address 2400 Dowie Memorial Dr, Zion, Illinois, 60099

Hours of Operation Monday: 06:00am - 09:00pm Tuesday: 06:00am - 09:00pm Wednesday: 06:00am - 09:00pm Thursday: 06:00am - 09:00pm  
Friday: 06:00am - 09:00pm Saturday: 07:00am - 03:00pm Sunday: 07:00am - 03:00pm

Phone Number 847-746-5500

Website [zionparkdistrict.com](http://zionparkdistrict.com)

#### **Zion Police Department**

Facility Name Zion Police Department

Facility Address 2101 Salem Blvd, Zion, Illinois, 60099

Hours of Operation Monday: Open all day Tuesday: Open all day Wednesday: Open all day Thursday: Open all day Friday: Open all day  
Saturday: Open all day Sunday: Open all day

Phone Number 847-872-8000

Website [More info](#)