



AVAILABLE RESOURCES TO STAY COOL

AC Distribution Program

The City of Bloomington provides funding for AC window unit installations for low-income residents who have a medical condition that increases their risk of the heat related illness.

Apply today at:
civiform.bloomington.in.gov/programs

Stay Cool at City Pools

Admission to Bryan Park and Mills Pools is free on Fridays-Sundays when the projected AccuWeather Real Feel is 90° or higher at 2p.m.

Pool fee waivers available for Bloomington youth (under 17) and up to two adult supervisors.

Learn more: bloomington.in.gov/parks/pools

**STAY COOL
BLOOMINGTON!
RESOURCE GUIDE**



**CITY OF
BLOOMINGTON**



COOLING RESOURCES HOURS OF OPERATION

Public Libraries

Downtown Library
Open 9am-9pm Monday through Thursday
Open 10am-6pm Friday and Saturday
Open 12-6pm on Sunday

City of Bloomington Parks

All parks open daily 5am-11pm

Pools

Bryan Park Pool, 1020 S. Woodlawn Ave.
Open daily 11am-7pm May 24th-Aug. 3rd
Open weekends only 11am-7pm
Aug. 9th-Sept. 1st
Mills Pool, 1100 W. 14th St.
Open daily 11am-7pm May 24th-Aug. 3rd
Aquatics Hotline: (812) 349-3741

Bloomington Fire Stations



Fire stations operate as cooling stations on an “as needed” basis, announced via the Monroe County Alerts.

Sign up for Monroe County Alerts at www.co.monroe.in.us and go to “Resident Alert Sign-Up” or use this QR code.

STAYING SAFE BEFORE A HEAT WAVE

For Cooling

- Check air-conditioning ducts for proper insulation.
- Install window air conditioners snugly; insulate if necessary.
- Install temporary window reflectors (for use between windows and drapes), such as aluminum foil-covered cardboard, to reflect heat back outside.
- Weather-strip doors and sills to keep cool air in.
- Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
- Keep storm windows up all year.

For Emergency

- To begin preparing, build an emergency kit and make a family communications plan.
- Gather food, water, medications in advance of store closures or having to relocate to a cooler location.
- Know those in your neighborhood who are older, young, sick or have pre-existing medical conditions. They are more likely to become victims of excessive heat and may need help.
- Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- Get trained in first aid to learn how to treat heat-related emergencies.

HEAT EXHAUSTION

Faint or dizzy

Excessive sweating

Cool, pale, clammy skin

Nausea or vomiting

Rapid, weak pulse

Muscle cramps

Get to a cooler, air conditioned place

Drink water if fully conscious

Take a cool shower or use cold compresses

OR

HEAT STROKE

Throbbing headache

No sweating

Body temperature above 103°
Red, hot, dry skin

Nausea or vomiting

Rapid, strong pulse

May lose consciousness

CALL 9-1-1

Take immediate action to cool the person until help arrives

WHO'S MOST AT RISK DURING EXTREME HEAT?

Treating Heat-Related Illnesses

Heat Stroke: Call 911. Move to shade. Cool with water or cold cloths (head, neck, armpits, groin). Do not give fluids.

Heat Cramps: Stop activity. Rest in cool place. Drink water or sports drink. Seek help if cramps persist or if heart issues/ low-sodium diet.

Sunburn: Avoid sun. Cool with water. Use aloe or lotion (no salves). Don't pop blisters. See a doctor for infants or severe symptoms.

Some Medications Increase Risk

Certain medications (such as some antidepressants, diuretics, and beta-blockers) interfere with your body's ability to stay cool by affecting temperature regulation, fluid balance, or electrolyte levels.

Heat Impacts: Vulnerable Populations

PREGNANT

NEWBORNS

CHILDREN

ELDERLY

CHRONIC ILLNESS

Everyone is at risk from the dangers of extreme heat, but these groups are more vulnerable than most. Age and certain conditions make the body less able to regulate temperature.

NEVER leave anyone alone in a closed car

Drink plenty of water, even if not thirsty

Use air conditioners and stay in the shade

Wear loose-fitting, light-colored clothing

weather.gov