



Columbia/Boone County Department of Public Health and Human Services
1005 West Worley Columbia MO 65203

**PRESS RELEASE
FOR IMMEDIATE RELEASE**

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Cooling Centers and Shelters Open for Those in Need

(COLUMBIA, MO) – The Columbia/Boone County Department of Public Health and Human Services coordinates a network of warming and cooling centers in the community. As the temperature begins to rise, the public is reminded of several locations in Columbia available to those who need shelter from the extreme heat.

Cooling Centers are available to the general public during the building's normal business hours. The public is allowed access to public areas, such as lobbies, restrooms, drinking fountains, etc. Columbia's warming centers include:

ARC (Activity and Recreation Center) at 1707 West Ash Street - 573.874.7700
Armory Sports and Community Center at 701 East Ash Street - 573.874.7466
Boone County Government Center at 801 East Walnut - 573.886.4305
Columbia/Boone County Department of Public Health & Human Services at 1005 West Worley - 573.874.7488
Columbia Public Library at 100 West Broadway - 573.443.3161
Salvation Army at 1108 West Ash Street - 573.442.3229
Salvation Army Harbor House at 602 North Ann - 573.442.1984
St. Francis House at 901 Rangeline - 573.875.4913

Official Shelters provide sleeping accommodations. These locations may or may not include meals. Columbia's official shelters include:

New Life Evangelistic Center (for men) at 901 Wilkes Blvd - 573.875.0603
Rainbow House (for children/youth) at 1611 Towne Dr. - 573.474.3558
Salvation Army Harbor House at 602 North Ann - 573.442.1984
St. Francis House (for men) at 901 Rangeline - 573.875.4913
True North (for victims of domestic violence) - 573.875.1369
Welcome Home (for veterans) at 1206 Rangeline - 573.443.8001

Summer heat can take its toll on a person's health, especially the very young, the elderly and the chronically ill, because they are more vulnerable to the effects of high temperatures. These individuals perspire less and are more likely to take medications that can impair the body's response to heat and make them more sensitive.

Heat-related illness occurs when the body's temperature control system is overloaded. The body normally cools itself by sweating, but when the humidity is high, sweat will not evaporate as quickly, preventing the body from releasing heat quickly. Very high body temperatures may damage vital organs and spur heat-related illness, including heat cramps, heat exhaustion and heat strokes.

There are things you can do to prevent heat related illnesses including:

- Dress for the heat and use a hat or umbrella to block the sun.
- Drink water and avoid alcohol beverages and caffeine.
- Eat small meals and eat more often.
- Stay indoors with air-conditioning when possible.
- Take regular breaks when physically active.

The most efficient way to beat the heat is to spend time in an air-conditioned area. Electric fans may be useful to increase comfort or to draw cool air into your home at night, but do not rely on a fan as your primary cooling device during a heat wave. Boone County citizens are urged to check on elderly family members or neighbors regularly. It is also important never to leave children unattended in hot environments without air-conditioning, including unsupervised vehicles, and to watch for signs and symptoms of dehydration.

Additionally, the Department of Public Health and Human Services offers two utility assistance programs for qualified Boone County Residents. H.E.L.P. provides one-time utility assistance to low income families with young children in the home and C.A.S.H., which provides utility assistance to low-income senior citizens and persons with disabilities. For more information, please contact 573-817-6430.

For more information on Cooling Centers or our utility assistance programs, please visit the City of Columbia website at www.gocolumbiamo.com/Health.