



## WINTER SERVICES

Landlords are required to provide adequate heat during the cold months, from September 15<sup>th</sup> of each year to June 01<sup>st</sup> of the succeeding year, a minimum temperature of 66° overnight and 68° degrees during the day. The City of Chicago sends inspectors out to investigate all calls of inadequate heat. Warming Centers are available to anyone in immediate danger.

Every Chicagoan should check on relatives and neighbors during extreme cold weather to ensure their safety, particularly the elderly, or those who have a serious medical condition. Anyone at risk can register with the City of Chicago at 311 for a well being call during extreme weather.

## WINTER SAFETY

- Wear layers of warm, dry clothing, hat, and gloves.
- In case of frostbite, do not rub affected area; warm gradually; seek medical attention if skin turns blue-purple.
- Know the warning signs of hypothermia: stiff muscles, puffy face, slowed breathing, and mental confusion. If these signs are recognized, call 911.
- Prescription drugs may increase vulnerability to cold; check with your doctor or pharmacist.
- Never use an oven as a heating device. Do not use an extension cord with a space heater.
- Make sure your smoke detectors and carbon monoxide detectors are working properly.
- Individuals 60 and older should obtain a yearly flu shot.

In a medical emergency, call **911**.

For all other services, call the City of Chicago's 24 hour hotline at **311**.

Direct any inquiries relative to this correspondence to the Senior Services Section, at 312-745-5141.