

It is Iowa. It is summer. It is hot.

What is the big deal?



Fact: There are more deaths from extreme heat than all other natural disasters combined!

☀ Under certain circumstances (high temperatures, high humidity, minimal cool down overnight) the risk of heat-related illness and possibly death increases significantly. The longer the “heat event” the greater the risk to our most vulnerable people (older adults and people with chronic health conditions). But, even “healthy” people are at risk during long, extreme heat events.

Fact: Just a couple of hours in air-conditioning can significantly reduce peoples’ risks for heat-related illness, but not everyone has air-conditioning. And many people who have air conditioning cannot afford to run it.

☀ During an extreme heat event, Polk County Health Department will open an Overnight Cooling Shelter.

What an MRC Volunteer might expect to do at a Cooling Shelter:

Assist with check-in and checkout of shelter guests to include:

- ☀ Guest Sign-in sheet
- ☀ Complete and sign Shelter Rules form
- ☀ Check status using on-line Iowa Sex Offender Registry website
- ☀ Hand out disposable linen sets, comfort kits and Ziplock bags to store belongings
- ☀ Review and complete Intake and Assessment tool
- ☀ Assign cot and orient guest to restrooms, food area, etc
- ☀ Help get out food prepared by Salvation Army. Clean kitchen area after meals
- ☀ Enforce Shelter Rules
- ☀ Provide basic medical assistance if needed (ie. blood pressure check, assist with obtaining medications, glucometer use, poison ivy)
- ☀ Alert Polk County employee of media present
- ☀ Minimum desirable staffing is 3 workers including one with a medical background and ideally one male.

There will always be a Polk County employee available to answer questions and make decisions