



**IT'S DANGEROUSLY OUT!**

**HOT**

- Check on family & friends
- Drink plenty of fluids
- Call **211** to find a cooling center near you!

Polk County Health Department  
1907 Carpenter Avenue  
Des Moines, Iowa 50314  
(515) 286-3798  
[www.polkcountyiowa.gov/health](http://www.polkcountyiowa.gov/health)



★ HEALTH DEPARTMENT ★