FOR IMMEDIATE RELEASE
August 31, 2026

City of Indianapolis shares heat safety information ahead of Heat Advisory lasting several days

INDIANAPOLIS –Ahead of a heat advisory in effect for Indianapolis and Marion County starting at 2pm on Tuesday, September 1 through 8pm on Thursday, September 3, the City of Indianapolis wants to remind residents how to stay safe in the hot weather. The National Weather Service (NWS) expects heat index values up to 105 degrees each day which means anyone can be at risk for heat stress or heat exhaustion. Individuals who are young, elderly, or who spend a prolonged amount of time outdoors are especially at risk. You can view the most up-to-date NWS forecast here.

"With extreme heat returning to Indianapolis this week, it is imperative all residents take steps to keep themselves and their loved ones safe in these dangerous temperatures," said Mayor Joe Hogsett. "If you need relief from the heat, please seek out the nearest cooling center to you. To the neighbors and individuals supporting flood recovery efforts, please remember to give yourself plenty of breaks and keep hydrated if you must be outside these next few days."

As recovery efforts continue in flood-impacted communities, residents, volunteers, and contractors/laborers are urged to take extra precautions during the extreme heat. People engaged in recovery and cleanup should ensure they are taking sufficient breaks and take those breaks outside of any affected home or structure. Flood-impacted residents can get a break from the heat during the day at the American Red Cross shelter located at 8401 Westfield Boulevard. The shelter also remains open for overnight stays.

Keep these important heat safety tips in mind over the next several days:

- Stay hydrated. Drink plenty of water.
- Check on relatives and neighbors, especially the elderly and those without access to air conditioning.
- Avoid strenuous outdoor activities. If possible, delay outdoor chores until the evening hours.
- When working outside, wear light, loose-fitting clothing. Take frequent breaks in the shade or an air-conditioned room.
- Know the signs and symptoms of heat exhaustion or heat stroke. If you or someone you know experiences signs of heat stroke, call 911 and take immediate action to cool off the person until help arrives.
- Look before you lock - **never** leave children or pets unattended in a vehicle.
- Bring pets indoors and ensure they have plenty of water to drink. Residents are reminded that city ordinance states pets are not to be outside unsupervised when the temperature is over 90° or a heat advisory is in effect.

- Consider carrying an umbrella for immediate shade while outside.
- Given Indiana 211's focus on supporting Hoosiers impacted by flooding, those in need of non-emergency resources related to heat are kindly asked to first go to the 211 website. Call 2-1-1 or 866-211-9966 if unable to find the necessary support on the website.
- Additional heat safety information can be found on the National Weather Service website by clicking on the following link. www.weather.gov/safety/heat

Public Cooling Centers:

Public buildings, like Indy Parks family centers and Indianapolis Public Library branches, will be open across the city during normal business hours to help residents stay cool, especially for those without air conditioning.

Splash pads at Indy Parks are also open through Labor Day Weekend. A list of open splash pads can be found here. Use the links below to find the schedules for Indy Parks Family Centers and Splashpads as well as the hours for Indianapolis Public Library locations:

- parks.indy.gov/extremeweather
- parks.indy.gov/programs/poolsandsplashpads/
- www.indypl.org/locations

The Office of Public Health and Safety asks the community to not forget those who are unhoused this summer, especially during this stretch of extreme heat. As is the case with any emergency, if someone recognizes an unsheltered person in distress or in a heat-related emergency, call 911 immediately.

The City of Indianapolis also wants to remind residents there are ways to stay cool while decreasing energy costs. See how you can keep your energy bill down by clicking here. AES Indiana also provides various support to help customers stay comfortable and afford energy bills, including CoolCents air conditioning management. If residents need assistance with their utility bills, AES Indiana's resources include power of change on-time grant assistance, community assistance programs, and budget billing.

Under new state law, residential customers who receive federal energy assistance are protected from service disconnections on days with a forecasted heat index of at least 95 degrees. To qualify, customers must have applied and been approved for an energy assistance program, like IndyEAP.

High temperatures are an ingredient for ground-level ozone, one of the air pollutants in Central Indiana. You can sign up for text or email alerts to be notified of unhealthy air quality days (Knozone Action Days) by visiting SmogWatch.In.Gov. On Knozone Action Days, vulnerable groups should avoid spending time outside as much as possible, including young children, older adults, anyone who is pregnant or has pre-existing conditions. To learn more, visit Knozone.com.

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THE CITY OF INDIANAPOLIS