



June 25, 2025

Weekly Update

Illinois has had a hot few weeks, setting record temperatures for May and June. With the Fourth of July and summer BBQs around the corner, the DNR legislative team has put together some tips for staying safe outdoors! Drink water, use sunscreen, dress in light colors, and enjoy nature!

Staying Safe in Hot Weather

As temperatures rise, it's important to know how to stay safe while still experiencing the outdoors! First, some easy tips. Make sure you're drinking enough water, since heat can dehydrate you faster than you expect. It can also be a good idea to use a wide brimmed hat or umbrella to shield yourself from the sun. Going outside in the early morning or late evening can help you avoid the worst of the high temperatures. Remember that it's okay to take breaks or go inside if the heat gets to be too much!



It's also important to know the signs of heat stroke and heat exhaustion, just in case. You can learn about these illnesses at <https://www.weather.gov/safety/heat-illness>. If someone is showing symptoms of heat stroke, such as confusion, body temperature above 103, dizziness/nausea, and fainting, you should seek medical help immediately and move them to a cooler area if possible. Overall, remember to enjoy the outdoors responsibly this summer!

Staying Safe in the Water



The summer heat is upon us, and water activities are great ways to cool off while spending time outside. It's important to follow safety tips for water activities to be able to continue enjoying the hot days. While you are swimming in lakes, only swim in designated areas and do not go past buoys in the water. Wear a life vest if you are not an experienced swimmer and keep an eye on young children in the water.

While you are boating, know what to do if someone goes overboard. Be aware of others on/in the water, like kayakers, especially while driving the boat to avoid collisions. Before leaving the dock, check to see that you have a first aid kit and required boating equipment on board. If you are jet skiing, do not go over the speed limit and make sure all passengers wear a life jacket. While on a jet ski, kayak, paddle boat, etc., be aware of moving boats and others on/in the water to avoid collisions. These are just a few safety tips, and if you need more information, please reach out and we will provide you with tips!

State Park Highlight: William W. Powers State Recreation Area

Located on Chicago's far southeast side, William W. Powers is a recreation area full of animals, beautiful waters, and trails for bikers and hikers alike. Parts of the park border right up against Indiana's state line, making the park a Midwest treasure for Indiana residents too. In the nature center, visitors can see the park's rats, fish, turtle, and cockatoo named Peewee! The waters tend to offer a cool breeze and the grassy knolls offer beautiful greenspace that feels secluded and calming.



Contact the DNR Legislative Team!

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