

August 26, 2013
For Immediate Release

Green County Emergency Management and the Green County Health Department urge you to be careful to avoid heat related illness during the hot weather predicted this week. The National Weather Service predicts extremely hot weather for the week of August 26 through Labor Day.

On Monday, August 26, 2013 temperatures along the Mississippi River could reach 106°, and counties along the state line, include Green County could see temperatures as high as 95°. North and Central Wisconsin may have wide spread thunderstorms and flash flooding is a possibility. Temperatures could rise to 107° on Tuesday for the counties along the Mississippi River and Green County could see 100°.

On Wednesday, August 28 humidity levels will be lower but temperatures are expected to remain in the 90's without much relief during the nighttime hours.

Heat is the number one weather-related killer in the United States and Wisconsin far exceeding tornadoes, severe storms and floods combined. Make sure you drink plenty of fluids, but avoid drinks with caffeine or alcohol. People may develop heat exhaustion which develops slowly after exposure to heat for several days and there has been an inadequate or unbalanced replacement of fluids and electrolytes. Symptoms may include heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting. If you have these symptoms immediately cool down and seek medical attention.

Heat stroke can occur suddenly when the regulating mechanism of a person's body fails due to prolonged exposure to high temperature. Symptoms are extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness. Immediately call 911 and cool the victim down with a cold water in a shower or hose until help arrives.

Seek relief from the heat by spending time at area libraries, village/city community centers and churches. A complete list of cooling centers listed by county, can be found at <http://emergencymanagement.wi.gov/news/2013/CoolingSites08262013.pdf>. Additional information for hot weather tips and other emergency preparedness tips can be found at <http://readywisconsin.wi.gov>

Hot Weather Tips

1. Never leave children, disabled persons, or pets in a parked car - even briefly. Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!
2. Keep your living space cool or seek shelter at cooling center: If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner you should consider going to a community cooling center. If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body. Basements or ground floors are often cooler than higher floors.

3. Slow down and limit physical activity. Plan your outings or exertion in the early morning or after dark, when temperatures are cooler.
4. Drink plenty of water and eat lightly. Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals. Wear lightweight, loose-fitting, light-colored clothing. Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
5. Don't stop taking medication unless your doctor says you should. Take extra care to stay cool, and ask your doctor or pharmacist for any special heat advice.
6. Taking a cool shower or bath will cool you down. A shower or bath will actually work faster than air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.