

Richland County

Health and Human Services

Randy Jacquet, Director

Date: July 16, 2012

To: Richland County Media

From: Marianne Stanek
Richland County HHS Public Health
608-647-8821

RE: Continued Extreme Heat

With the extreme heat warnings for southern Wisconsin continuing, public health and emergency management officials are reminding people take steps to prevent heat-related illnesses.

Hot weather can be dangerous to anyone but is especially dangerous for older adults, infants and young children, those with chronic health problems, such as asthma, and those who work outdoors or in hot settings. Isolated individuals who may not know how to cool off, or are not comfortable asking for help, are especially vulnerable. People should continue to check in with family members and neighbors to make sure they stay safe and healthy during these unusually warm conditions.

To stay cool, avoid strenuous activity during the hottest part of the day, drink plenty of fluids do not leave anyone in a car (including pets) for any period of time, and use fans to increase air circulation and blow hot air out of residences. Spend the hottest part of the day in a cool, preferably air-conditioned place. If your home is not air conditioned, try to get to a location that is, such as a public library, community center, or a shopping mall.

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