



Adams County Emergency Management

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Dangerous Heat Indices this Week

People are encouraged to take extra precautions this week as hot temperatures and high humidity are causing dangerous conditions in parts of the state. Last summer, five people died and more than 100 people received medical treatment due to extreme heat in Wisconsin. Most of the victims did not have air conditioning. The combination of the warm temperatures and high humidity caused the heat index to rise to over 100 degrees.

To keep cool, here are some tips to keep safe during hot weather.

- 1. Never leave children, disabled persons, or pets in a parked care – even briefly.** Temperatures in a car can become life threatening within minutes. On an 80-degree day with sunshine, the temperature inside a car even with the windows cracked slightly can rise 20 to 30 degrees above the outside temperature in 10 to 20 minutes! There have been cases when the inside temperature rose 40 degrees!
- 2. Keep your living space cool.** Cover windows to keep the sun from shining in. If you don't have an air-conditioner, open windows to let air circulate. 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 upper floors.
- 3. Cooling Shelters or Locations.** If you don't have air conditioning, consider going to a shopping center or library. Several communities have also opened up cooling shelters or centers. For locations, visit the Ready Wisconsin website at: <http://readywisconsin.wi.gov> or contact your local emergency management office at (608) 339-4248.
- 4. Slow down and limit physical activity.** Plan outings or exertion for the early morning or after dark when temperatures are cooler.
- 5. 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.

6. **Wear lightweight, loose-fitting, light-colored clothing.** Add a hat or umbrella to keep your head cool...and don't forget sunscreen.
7. **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.

8. **Infants should drink breast milk or formula** to get the right balance of water, salts and energy. You may supplement your infant's fluids with an additional 4 to 8 ounces of water per day, but don't dilute formula beyond what the instructions say (unless instructed by your doctor).

9. **Taking a cool shower or bath will cool you down.** A shower or bath will actually work faster than an air-conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.

People at higher risk of a heat-related illness include:

- _ Older adults and Infants and young children
- _ People with chronic heart or lung problems
- _ People with disabilities
- _ Overweight persons
- _ Those who work outdoors or in hot settings
- _ Users of some medications, especially those taken for mental disorders, movement disorder, allergies, depression, and heart or circulatory problems
- _ People who are isolated that don't know when or how to cool off – or when to call for help

10. **Look in on your neighbors and family members** who may have challenges getting to a cooling center and see how you can help.

11. **Call 211** if you or others you know need information about local community and government resources.

12. **Pets and livestock can also suffer from the heat.** Make sure all pets and livestock have access to cool, clean water and shade. Try to provide shade for all animals pastured outside. Consider adding shade cloth or tarps to an area to provide shade or open pastures to areas where trees or buildings provide shade. Limit exercising your pet to early morning or late evening hours when it is cooler. Some of the signs of heatstroke in pets include heavy panting, glazed eyes, and excessive thirst. Seek veterinary assistance immediately.

13. **The heat can cause roads to buckle.** Also, expect heavy traffic on Wisconsin roads and highways with the upcoming holiday. Check your routes ahead of time for road construction and other possible delays. Call 511 or go to www.511wi.gov for the latest road conditions across Wisconsin.

For lifesaving tips and other information, visit the ReadyWisconsin website at:

<http://readywisconsin.wi.gov> or contact your county emergency management office at 608-339-4248.

National Weather Service Heat Wave Program in Wisconsin

1. **Outlook Statement** – Issued daily to highlight potential hazardous weather in the next 1 to 7 days. Periods when Heat Index will equal or exceed 95 are mentioned (could lead to Heat Advisory or Excessive Heat Warning conditions). Issued as a Hazardous Weather Outlook (HWO). Broadcasted on NOAA Weather Radio All Hazards, and posted on NWS web sites (www.weather.gov).
2. **Heat Advisory** – Issued 6 to 24 hours in advance of any 24-hour period in which daytime heat index (HI) values of 100 degrees or more and/or when air temperatures are expected to be 95 degrees or higher. If four consecutive days of these conditions are expected, then the Excessive Heat Warning will be issued. Additionally, if daytime HI values are expected to be 95 to 99 degrees for four consecutive days or more an Advisory should be issued.
3. **Excessive Heat Watch** – Issued generally 12 to 48 hours in advance of excessive Heat Warning conditions are expected.
4. **Excessive Heat Warning** – Issued 6 to 24 hours in advance of any occurrence of a 48-hour period in which daytime heat index (HI) values are expected to be 105 degrees or higher and nighttime HI values will be 75 degrees or higher. Additionally, if four consecutive days of daytime HI values of 100 to 104 are expected, an Excessive Heat Warning will be issued.

For additional information about heat awareness, contact the Adams County Emergency Management Director at 608-339-4248 or the National Weather Service.

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