



State of Wisconsin
Department of Health Services

Scott Walker, Governor
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HEAT WARNING EXTENDED FOR SOUTHERN WISCONSIN

State Officials Encourage Continued Caution To Prevent Heat-Related Illnesses

MADISON – With the extreme heat warning for southern Wisconsin extended through Saturday night, state health officials are reminding people to remain vigilant and take steps to prevent heat-related illnesses.

“As the heat wave continues into the weekend, people should continue checking in with family and neighbors to make sure they are safe and keeping cool,” said State Health Officer Dr. Henry Anderson. “If your house is not air-conditioned, consider going to a free cooling center/shelter.”

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.

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 you do not have air conditioning at home, try to get to a location that does, such as a public library, community center, or a shopping mall, or visit a nearby cooling center.

For information about a cooling center near you, call 2-1-1.

To find information on cooling center locations, visit:

<http://readywisconsin.wi.gov/heat/docs/WisconsinCoolingShelters.pdf>

For more information about the heat wave, visit: www.ReadyWisconsin.wi.gov

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