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Press Release

**For Immediate Release – URGENT**

Submitted by: Tanna McKeon, Director Green County Emergency Management

**Dangerously Hot Weather Coming**

Green County Emergency Management urges you to be careful to avoid heat related illness during the hot weather predicted this week. The National Weather Service predicts dangerously hot weather and high humidity on Thursday July 21 and Friday, July 22, 2016.

If you do not have air conditioning we encourage you to make plans to stay with a friend or relative. Green County Emergency Management has coordinated with several cooling center where people can seek relief. The Monroe Fire Station #1 and the Monroe Sr. Center will be available from 8am - 5pm, the Brooklyn Community Center at 102 N Rutland Brooklyn WI 53521 will be available from 8am – 8pm and the Brodhead Methodist Church from 8am-5pm. Other places that you can seek relief are at local libraries, village/city community centers, churches and other public places.

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 cold water in a shower or hose until help arrives.

Pets and livestock can also suffer from the heat. Make sure they have access to cool, clean water and shade. If you can, bring pets inside where there is air conditioning. Limit exercising your pets to early morning or late evening when it is cooler. Pets can suffer from heat stroke too and symptoms can be heavy panting, glazed eyes, and excessive thirst and veterinary assistance must be sought immediately.

Additional information for hot weather tips and other emergency preparedness tips can be found at <http://readywisconsin.wi.gov>

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