



FOR IMMEDIATE RELEASE

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Public Health Officials Urge Precautions in High Temperatures

Stay Cool. Stay Hydrated. Stay Informed.

EAU CLAIRE, WISCONSIN – July 19th, 2016. Eau Claire City-County Health Department officials ask residents to take precautions as heat indices climb into the triple digits this week. People who do not have access to air conditioning in their homes are encouraged to seek out air-conditioned facilities or stay with family or neighbors who do have air conditioning. Community members are also encouraged to check on older or isolated neighbors who may need assistance.

“It is important that we practice self-care and check on neighbors who may be at risk to assure safety through this period of intense heat,” said Lieske Giese, Director/Health Officer at the Eau Claire City-County Health Department.

Heat exhaustion symptoms include fainting, rash, fatigue and nausea. Skin can become clammy and moist, or hot and dry. Heat stroke can come on rapidly and may progress to life-threatening illness within minutes. If heat-related symptoms appear, action should be taken immediately to reduce body temperature. This includes taking a cool shower or bath. Wearing wet clothing also has a cooling effect.



Tips to keep safe in hot weather:

- *Stay Cool:* Stay in air-conditioned buildings as much as possible and avoid direct sunlight.
- *Stay Hydrated:* Drink plenty of water and don't wait until you're thirsty to drink.
- *Stay Informed:* Watch your local weather forecasts so you can plan activities safely when it's hot outside. Watch for any extreme heat alerts.

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

- Infants and young children
- People 65 years of age and older
- People who are overweight
- People with chronic medical conditions

Where you are most at risk:

- Homes with little or no air conditioning
- Cars



For more information, contact the Health Department at 715-839-4718, or visit <http://readywisconsin.wi.gov> and click on the Heat Awareness section, or visit <http://www.dhs.wisconsin.gov/health/injuryprevention/WeatherRelated/Heat.htm>.

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