

FOR IMMEDIATE RELEASE

Contact:

Kelli Engen, RN

Public Health Emergency Preparedness Specialist

(715) 271-0425

Kelli.engen@co.eau-claire.wi.us

Public Health Officials Urge Precautions in High Temperatures

Stay Cool. Stay Hydrated. Stay Informed. Beat the Heat.

EAU CLAIRE, WISCONSIN – July 17, 2017. Eau Claire City-County Health Department officials ask people to be aware as heat indices climb into the 90s this week. People who do not have access to air conditioning in their homes are encouraged to find air-conditioned facilities or stay with family or neighbors who have air conditioning. Community members are encouraged to check on older or isolated neighbors who may need assistance.

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 for heat-related illness:

- Homes with little or no air conditioning
- Cars

From 2011-2015, Wisconsin had 48 confirmed heat-related deaths. Most of these deaths were among people over age 65.

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

“It is important that we take care of ourselves and loved ones and check on neighbors who may be at risk of a heat-related illness when temperatures reach 90 degrees,” says Kelli Engen, Public Health Emergency Preparedness Specialist.

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>



WHAT CAN YOU DO?

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

