



WASHINGTON COUNTY HEALTH DEPARTMENT

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The best defense against heat-related illness is prevention. Staying cool and making simple changes in your fluid intake, activities, and clothing during hot weather can help you remain safe and healthy.

The Washington County Health Department and CDC recommend following these tips to protect you from heat-related illnesses:

1. Never leave children, disabled persons, or pets in a parked car – even briefly. Temperatures in a car can become life threatening within minutes.
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 to your body. Basements or ground floors are often cooler than upper floors.
3. Slow down and limit physical activity. Plan outings or exertion for the early morning or after dark, when temperatures are cooler.
4. 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.
5. Wear lightweight, loose-fitting, light-colored clothing. Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
6. 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.
7. Infants should drink breast milk or formula to get the right balance of water, salts and energy.

Easy ways to beat the heat include a cool (but not cold) bath or shower, which actually works 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
- 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

These self-help measures are not a substitute for medical care but may help you recognize and respond promptly to warning signs of trouble.

For more information and a list of Heat-Relief Shelters in Washington County, contact the Washington County Health Department at (262) 335-4462 or www.co.washington.wi.us/chn.

Washington County Heat Relief Shelters

Summer 2012

Heat-Relief Shelter	Address	Hours
Germantown Community Library	N112 W16957 Mequon Rd. Germantown	Mon-Thurs 9am-8pm, Fri 9am-5pm, Sat 9am-3pm
Germantown Senior Center	W162 N11960 Park Ave. Germantown	Mon-Fri 9am-4:30pm
Jack Russell Memorial Library	100 Park Ave Hartford	Mon-Thu 10am-8pm, Fri 10am-5:30pm, Sat 9am-2pm
Hartford Senior Friends	730 Highland Ave Hartford	Mon, Tue, Thu, Fri 9am-12pm (Closed on Wednesday)
Kewaskum Public Library	206 First St. Kewaskum	Mon-Thu 10am-8pm, Fri 10am-5pm, Sat 10am-1pm
Slinger Community Library	220 Slinger Rd. Slinger	Mon, Tues, Thurs 9am-8pm, Wed 9am-6pm, Fri 9am-5pm
West Bend Public Library	630 Poplar St. West Bend	Mon-Thurs 9am-9pm, Fri 9am-6 pm, Sat 9am-1pm
West Bend Senior Center	401 E. Washington St. West Bend	Mon-Fri 8am-4:30pm

Healthy ways to deal with summer heat...

- Slow down and reduce outdoor activities. If possible, do your activities in the early morning or evening.
- Drink lots of water and stay away from alcoholic drinks. Avoid hot or heavy meals.
- Spend time indoors. If you have no air conditioning, stay on the lowest floor out of the sunshine. Go to a public building where air conditioning is available (see above) or take a cool shower or bath.
- Keep in mind that the elderly and small children are especially susceptible to heat. Periodically check them and help them obtain relief from the heat and humidity.
- Never leave children, disabled persons or pets in a car.

Get help now if you feel...

- Dizziness, Headache, Muscle Cramps, Weakness, Nausea or Vomiting
- **Call 911 for these symptoms...**Hot & dry skin, confusion, unconscious, chest pains, shortness of breath