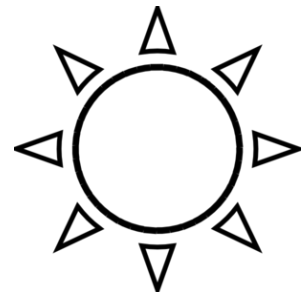


Washington County Heat Relief Sites



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 8am-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, 9am – 4pm Fri 9am-12pm
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
Washington County Senior Center	401 E. Washington St. West Bend	Mon-Fri 8am-4pm
West Bend Public Library	630 Poplar St. West Bend	Mon-Thurs 9am-9pm, Fri 9am-6 pm, Sat 9am-1pm

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