



Dane County Emergency Management



NEWS RELEASE

Contacts:

Dane County Emergency Management
J. McLellan
608 / 267-2542
mclellan@countyofdane.com

Public Health Madison & Dane County
Media Line
608 / 243-0482
communications@publichealthmdc.com

Heat Advisory Issued for Dane County

The National Weather Service has issued a *Heat Advisory* from 11am today through 7pm tonight. Temperatures are predicted to be dangerously hot with heat indices approaching 100° today. Public Health Madison Dane County is advising people to stay cool, stay hydrated, and stay connected.

Extremely high temperatures coupled with high humidity can have serious effects on an individual's health. Populations most susceptible to heat related illness include socially isolated individuals, older adults, those who work or exercise outdoors, infants and children, homeless, low income, and people with chronic medical conditions.

Personal preparedness is critical to individual's safety during these conditions. Dane County Emergency Management Director Charles A. Tubbs, Sr. advises, "Personal preparedness is critical to maintaining one's safety and well-being through such hot temperatures, especially during the COVID-19 pandemic. Precautions people can take to avoid serious health consequences should focus on staying cool, staying hydrated, and staying connected."

Staying cool

- Stay inside air-conditioned buildings if possible. Both East and West Towne Malls are open (M-Sa 10:30a-7p and Su 11:30a-6p). **Remember to stay six feet away from people you don't live with and wear a mask!**
- Limit outdoor activity, especially midday when it is the hottest part of the day, and avoid direct sunlight.
- Wear loose, lightweight, light-colored clothing.
- Take a cool shower or bath to help reduce your core body temperature.
- Never sit in a parked car or leave a child or pet in a parked car.

Staying hydrated

- Drink more water than usual and don't wait until you're thirsty to drink.
- Drink at least two to four cups of water every hour while working or exercising outside.
- Avoid alcohol, caffeine, and sugary drinks.
- Make sure your household members and pets are drinking enough water.

Staying connected

- Check your local news for extreme heat warnings and safety tips.
- Regularly check on friends, loved-ones, and neighbors. Call, text, or do a video call. If you visit in person, remember to stay physically distant (six feet away). Greet people from outside their home.

Pay close attention to your body. Know the signs and symptoms of heat related illness (<https://www.cdc.gov/disasters/extremeheat/warning.html>). If you start feeling overheated, weak, dizzy, nauseated, or have muscle cramps, you could be experiencing heat illness. Move to a cool location, drink water, get under a fan, and take a cool shower / bath or put cool washcloths on the back of your neck and under your arms. If your symptoms don't improve or worsen, go to the emergency room.

If you see a parked car with a child or pet left inside, dial 9-1-1 and stay with the car until help arrives.

Over 600 deaths from extreme heat events occur each year in the United States. During the pandemic, it is all the more important to watch out for one another. Be an active member of the community and check on others throughout this heat wave.