How to Stay Cool in Hot Weather

People at greatest risk for heat-related illness can take the following protective actions to prevent illness or death:

- Stay in air-conditioned buildings as much as possible. FCP Caring Place is available as a cooling center for FCP Community elders and disabled adults from Thursday, July 21, 2016 through Sunday, July 24, 2016.
- For community members that are not elderly or do not have medical issues:
  - Spend time in public facilities that are air conditioned
  - Use the air conditioner in your vehicle
- Contact FCP Emergency Management for a list of cooling shelters available (715-478-4428)
- Don’t rely on fans as your primary cooling device during an extreme heat event.
- Drink more water than usual and don’t wait until you are thirsty to drink.
- Don’t use stove or oven to cook – it will make your house hotter.
- Check in with friends and family frequently. Have them stop and check in on you as well.
- Drape cool, wet cloths around your neck
- Stay indoors during peak hours of the day
- Wear loose, lightweight, light-colored clothing and sunscreen
- Take cool showers or baths to cool down

### Heat Exhaustion Symptoms

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Fainting

**What You Should Do:**

- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomited and it continues, seek medical attention immediately

### Heat Stroke Symptoms

- High body temperature (above 103°F)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

**What You Should Do:**

- Call 911 immediately – this is a medical emergency
- Move the person to a cooler environment
- Reduce the person’s body temperature with cool cloths or even a bath
- Do NOT give fluids

For more information Contact: Chris Kalata, FCP Health Division
Emergency Preparedness Coordinator at 715-478-4426
July 18, 2016

In response to the expected 90⁰F temperatures and heat index of 105⁰F, Emergency Management will open a cooling center in Carter at the We Care Building on July 22nd, July 23rd, and July 24, 2016 from 11:00 AM to 6:00 P.M.

Note: Food is not provided.

Please contact Linda Thomaschefsky at 715-478-7209 or cell: 715-889-1751, if you have questions.