



Press Release – July 18, 2016
For Immediate Release

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

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

- Take cool showers or baths to cool down

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**



FOREST COUNTY POTAWATOMI
EMERGENCY MANAGEMENT

P.O. Box 340, Crandon, WI 54520 • “Protecting Life & Property” • 715-478-4428

July 18, 2016

In response to the expected 90^oF temperatures and heat index of 105^oFCPC 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 Thomaschefskey at 715-478 – 7209 or cell: 715-889-1751, if you have questions.