



Sheriff Troy J. Knudson
ROCK COUNTY SHERIFF'S OFFICE

Barbara J. Tillman, Chief Deputy



Erik D. Chellevoid
Commander, Law Enforcement Services

Craig L. Strouse
Commander, Correctional Services

**Rock County Prepares: High Temperatures and Heat Indices
Cooling Centers Announced**

For Immediate Release

Date: 07/15/2019

Contact Person

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(608) 758-8440

The National Weather Service is forecasting a significantly warm and humid week ahead for Wisconsin. The heat index is expected to rise into the 90s and could possibly rise above 100 degrees on Thursday and Friday.

With the dangers posed by the forecasted temperatures and heat indices, the Rock County Sheriff's Office and the Department of Public Health urge citizens to take extra precautions this week against the heat. Heat is one of the leading causes of weather-related deaths in Wisconsin. Those most at risk are children, older adults and those living with chronic physical or mental health conditions.

Heat Exhaustion & Heat Stroke

General heat exhaustion symptoms include fainting, rash, fatigue and nausea. Skin can become clammy and moist, or hot and dry. Heat stroke can come on rapidly and may progress to life-threatening illness within minutes. If heat-related symptoms appear, action should be taken immediately to reduce body temperature. This includes taking a cool shower, bath or sponge bath. Wearing wet clothing also has a cooling effect.

Critical Guidelines for Heat Safety

- **Never leave individuals or pets in parked vehicles.** Temperatures become life-threatening within just minutes. 80 degrees outside can become 100 degrees within a vehicle in less than ten minutes, even with a window cracked open.
- **Drink a lot of water!** Avoid excessive amounts of caffeine and alcohol or heavy meals.
- **Wear loose fitting, lightweight, light colored clothing.** Dark colors absorb the sun's rays. Cover your head with a hat and always wear sunscreen outdoors.
- **Take frequent breaks from outdoor activity.** Plan outings early in the morning or in the evening when temperatures are cooler.
- **Check on family, friends and elderly.** They are most vulnerable to heat.
- **Check on your pets more frequently and keep fresh, cold water available at all times.**
- **Keep living areas as cool as possible.** Cover windows to minimize sunlight into the area and utilize basement and ground level floors as they are generally cooler.
- **Utilize the available Cooling Centers** in your area if you do not have access to air condition during the day.

200 East U.S. Highway 14
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Phone: 608-757-8000 Fax: 608-757-7997



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Protecting Pets and Livestock

- Make sure all pets and livestock have access to cool, clean water and shade.
- If you can, bring pets into areas where there is air conditioning.
- Try to provide plenty of shade for all animals pastured outside.
- Strictly limit exercising your pet to early morning or late evening hours when it is cooler.
- Warning signs of heatstroke in animals include heavy panting, glazed eyes, and excessive thirst. Seek veterinary assistance immediately.

Cooling Centers

Citizens who do not have access to air conditioning in their homes are encouraged to seek out air conditioned facilities such as public buildings, malls, libraries or senior centers, or stay with family or neighbors who have air conditioning. Several cooling centers are welcoming citizens to find relief if needed during their normal business hours.

Organizations and businesses that serve as Cooling Centers serve the community as air-conditioned facilities where citizens can get out of the heat and “cool off”. Citizens are responsible for their own belongings, water and nourishment. Cooling Centers are not over-night shelters. Citizens requiring overnight sheltering should contact local shelters for services.

Businesses and organizations that would like to serve the community as Cooling Centers are encouraged to contact Emergency Management at 608-758-8403. Your service is greatly appreciated!

For more information on heat awareness and safety, please visit <https://www.ready.gov/heat> and <https://www.dhs.wisconsin.gov/climate/weather/heat.htm>.

Troy J. Knudson
SHERIFF

By: Sergeant Kohler #11519

ATTACHMENT: 2019 COOLING CENTERS & SHELTERS IN ROCK COUNTY

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