

FOR IMMEDIATE RELEASE

Crawford County Residents Urged to Prepare for Upcoming Heat Wave

With dangerously hot temperatures expected in the coming days, the Crawford County Health Department is reminding residents to take precautions to protect themselves and others from heat-related illnesses.

Extreme heat can quickly become dangerous, especially for older adults, infants and young children, pregnant people, individuals with chronic health conditions, and teens with asthma. Stay hydrated, spend time in an air-conditioned location whenever possible, and know the warning signs of heat-related illness.

Heat exhaustion can cause heavy sweating, nausea, dizziness, cool or clammy skin, and a rapid pulse. Heat stroke is a life-threatening medical emergency that occurs when the body can no longer regulate its temperature. Symptoms include a body temperature above 104°F, hot, dry skin, confusion, seizures, and loss of consciousness. Call 911 immediately if someone is showing signs of heat stroke.

We recommend residents take the following steps to stay cool and prevent heat-related illnesses:

- Drink plenty of water throughout the day.
- Wear lightweight, loose-fitting clothing.
- Take cool showers or baths.
- Apply cool wet towels to your skin.
- Limit outdoor activity and take frequent breaks in shade or an air-conditioned location.
- Use water mister with a fan. Fans alone become less effective when temperatures exceed 99°F.
- Never leave children or pets unattended in a parked vehicle, even for a few minutes.

Residents are also encouraged to check on neighbors, family members, and friends who may need extra assistance during this period of extreme heat.

Anyone needing access to a cooling center should contact the Crawford County Health Department at 608-326-0229 during regular business hours (8:00 a.m. to 4:30 p.m.). After hours, call Crawford County Sheriff's Office at 608-326-0241. Staff will help connect you with a nearby cooling location.

Taking advantage of a cooling center and following simple heat safety precautions can help prevent heat-related illness and save lives.