



DANE COUNTY EMERGENCY MANAGEMENT

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<http://www.countyofdane.com/emergency/>

MEDIA RELEASE *Protect Yourself in Severe Heat!*

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Temperatures are predicted to be dangerously hot with heat indices approaching 100° this Wednesday and Thursday! With these high temperatures, people need to take heat-specific precautions to protect themselves and their neighbors. These precautions include:

- Pay close attention to your physical condition and actions.
- Monitor food and water intake. Avoid heavy, fatty meals and snacks.
- Be aware of the amount and intensity of your physical activity, both indoors and out. Monitoring work / rest cycles can greatly reduce the potential heat related illness.
- Hydrate with water! Drinks with caffeine, sugar and alcohol take longer for your body to absorb and don't hydrate as well as drinks without these substances.
- Wear light colored, breathable clothing, hats and sunscreen.
- Check to ensure your air conditioner is working before it gets too hot.
- Remember – If you are thirsty, your pet is thirsty. Keep pets in cool places indoors.

Everybody has different thresholds for tolerating heat. Regularly check on co-workers, loved ones, and neighbors either face-to-face or via telephone. Your neighbors and co-workers are your best safety net against the heat!

If you need to a cool place to stay, public places such as local senior centers, malls and libraries are not only convenient but also provide entertainment as well. Several local options include:

Belleville –

Library – 130 S. Vine St.– (608) 424-1812

Black Earth –

Library – 1210 Mills St.– (608) 767-4905

Deerfield –

Library – 12 W. Nelson St.– (608) 764-8102

DeForest –

Senior Center – 505 North Main Street – (608) 846-9469

Library – 203 Library St. – (608) 846-5482

Fitchburg –

Senior Center – 5510 Lacy Rd. – (608) 270-4290

Library – 5530 Lacy Rd. – (608) 729-1760

Madison –

See the City's website to find libraries and community centers near you
(<http://www.cityofmadison.com/>).

Marshall –

Library – 605 Waterloo Road– (608) 655-3123

Mazomanie –

Library – 102 Broadhead St. – (608) 795-2104

McFarland –

Library – 5920 Milwaukee St. – (608) 838-9030

Middleton –

Senior Center – 7448 Hubbard Avenue – (608) 831-2373

Library – 7425 Hubbard Avenue – (608) 831-5564

Monona –

Senior Center – 1011 Nichols Rd. (lower level)

Library – 1000 Nichols Rd. – (608) 222-6127

Mt. Horeb –

Senior Center – (608) 437-6902

Library – 105 Perimeter Road – (608) 437-5021

Oregon –

Senior Center – 219 Park St. – (608) 835-5801

Library – 256 Brook St. – (608) 835-3656

Stoughton –

Senior Center – 248 W. Main St. – (608) 873-8585

Library – 304 S. 4th St. – (608) 873-6281

Sun Prairie –

Libr. – 1350 Linnerud Dr. – (608) 825-7323

Verona –

Senior Center – 108 Paoli St. – (608) 845-7471

Library – 500 Silent St. – (608) 845-7180

Waunakee –

Senior Center – 333 S. Madison St. – (608) 849-8385

Library – 710 South St. – (608) 849-4217

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