



News Release

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High Temperatures Can Cause Injuries and Death

Green Bay, WI July 18, 2011—The Green Bay Fire Department is urging residents to stay out of the hot humid temperatures if at all possible. Prolonged exposure to high temperatures can begin to take a toll on people, especially the elderly. Tips to “beat the heat” are:

- Wear loose-fitting and light-colored clothing.
- Drink plenty of fluids to stay hydrated. No alcohol or caffeine.
- Get some Popsicles® and/or ice chips.
- If your home is not air conditioned, go somewhere that is or go into the basement.
- Don't go outside during the hottest part of the day, which is usually from 3-5pm.
- Limit your activity.
- Pay special attention to infants and elderly family members. They do not have the same thermoregulation as the general population.
- Never leave children, elderly, or pets in vehicles during this hot weather (even with the windows down).

Common heat illnesses are:

- **Heat Cramps-** are muscle contractions and usually affect the abdomen, calves, thighs, and shoulders. They are usually experienced during or immediately following vigorous exercise or work in a hot environment. Heat cramps can usually be treated by moving to a cooler area (shade) and drinking lots of fluids.
- **Heat Exhaustion-** is a result of excessive heat and dehydration. Signs of heat exhaustion are an elevated body temperature, nausea, paleness, rapid heartbeat, and cold moist sweaty skin. Move the person to a cool area promptly and give them cold fluids (always non-alcoholic) to drink. Use cold compresses, especially to the neck and head.
- **Heat stroke-** is a life threatening condition if left untreated and in many cases follows heat exhaustion. It is caused by the body's inability to sweat, while continuing to overheat. Signs of heat stroke are **hot, dry skin with no sweat**, confusion, throbbing headache, rapid heartbeat and/or unconsciousness. Get emergency help immediately. Until help arrives, cool the person down rapidly with ice packs, garden hose, wet sheet, etc. The quicker you get them cooled down, the better.