

**ROBERT D. SPODEN**  
**ROCK COUNTY SHERIFF**  
BARBARA J. TILLMAN  
CHIEF DEPUTY

NEWS RELEASE

**High Temperatures to Impact Rock County**

**For Immediate Release**

**Date :** 07/19/2016

**Contact Person**

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The Rock County Sheriff's Office and Department of Public Health are asking residents to take extra precautions this week as dangerously warm outdoor temperatures are anticipated. The National Weather Service forecasts temperatures will continue to rise through the week and a heat advisory is likely by mid-week. The current forecast shows temperatures rising into the mid-90's and heat indexes reaching 95 – 108 degrees through the weekend.

People 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. Due to the dangerously high temperatures, several cooling centers are welcoming citizens to find relief if needed (during their normal business hours):

**Cooling Center Locations in Rock County**

- **Beloit:** Beloit Public Library
- **Clinton:** Clinton Public Library
- **Edgerton:** Edgerton Public Library
- **Evansville:** Eager Free Public Library and Creekside Place
- **Janesville:** Janesville Mall and Hedberg Public Library
- **Milton:** Milton Public Library

**Heat Safety**

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.

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.

With the dangers posed by summer heat, the Rock County Sheriff's Office and the Department of Public Health are recommending that citizens take extra precautions during these extreme temperatures.

**200 EAST U. S. HIGHWAY 14**  
**JANESVILLE, WISCONSIN 53545-9601**  
**PHONE: (608) 757-8000 FAX: (608)757-7997**

- Stay hydrated – 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 breaks frequently in higher temperatures and avoid strenuous exercise during the hottest part of the day: 11:00 AM – 4:00 PM
- Check on family, friends and elderly, those who are more vulnerable to heat
- Check on your pets more frequently in warmer weather and keep fresh, cold water available at all times.
- 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.
- 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.
- Limit physical activity during extreme heat. Plan outings early in the morning or in the evening when temperatures are cooler.

### **Pets and Livestock**

- Make sure all pets and livestock have access to cool, clean water and shade.
- If you can, bring pets inside where there is air conditioning.
- Try to provide shade for all animals pastured outside.
- 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.

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

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SHERIFF

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