

STAY SAFE AS TEMPERATURES RISE THIS SUMMER

Residents reminded to stay cool, hydrated, and informed during extreme heat

High temperatures are expected over much of Wisconsin in the next several days, and the Trempealeau County Health Department is reminding residents to take steps to stay cool during this heat wave.

“Hot temperatures and humidity can be dangerous and even deadly,” said Barb Barczak, Director/Health Officer for the Trempealeau County Health Department. “During heat waves like this one, it’s important to stay cool, hydrated, and informed.”

Follow these tips to stay safe during extreme heat:

- **Stay in air conditioning.** When possible, stay in air conditioning on hot days. If you don’t have air conditioning, head to libraries, malls, and other public spaces to keep cool. Local cooling centers are listed on the Trempealeau County website.
- **Check on loved ones.** Be sure to check on older friends and neighbors who live alone and don’t have air conditioning.
- **Avoid the hottest part of the day.** If you have to be outside, stick to the cooler morning and evening hours. Wear light, loose clothing and take frequent, air conditioned breaks.
- **Beware of hot cars.** Never leave a person or a pet in a parked car, even for a short time. On an 80 degree day, the temperature inside a car can reach 100 degrees in less than 10 minutes.
- **Stay hydrated.** Drink plenty of water on hot days. Avoid alcohol and hot, heavy meals.
- **Stay informed.** Watch your local weather forecasts so you can plan outdoor activities safely. Pay attention to any extreme heat alerts.

If you start feeling overheated, weak, dizzy, nauseated, or have muscle cramps, you could be experiencing heat illness. Move to air conditioning, drink water, get under a fan, and put on cool washcloths. If your symptoms worsen or don’t improve, go to the emergency room.

For more information, visit the Wisconsin Department of Health Services’ [heat safety webpage](#) and watch their [heat safety video](#). Or visit <https://www.dhs.wisconsin.gov/publications/p0/p00632.pdf>

Trempealeau County Cooling centers—please telephone to get updated hours before you go.

Tri County Hospital
1st Floor Rehab lobby
18601 Lincoln
Whitehall, WI
1pm-5pm

Shirley Wright Memorial Library
11455 Fremont St, Trempealeau, WI 54661
9am-6pm

Galesville Public Library
16787 S Main St, Galesville, WI 54630
10am-7pm

Galesville Elderly Public Housing
20086 W Ridge Ave
Galesville, WI 54630

Ettrick Public Library
15570 School St, Ettrick, WI 54627
9am-5pm

Hauge Memorial Library-Osseo
50655 Charles St, Osseo, WI 54758
9am-4pm

Whitehall Public Library
36351 Main St, Whitehall, WI 54773
12pm-7pm

Brookside-Whitehall
35974 Clare St.
Whitehall, WI 54773
Community Room

Independence Public Library
23688 Adams St, Independence, WI 54747
9am-5pm

Arcadia Public Library
406 E Main St, Arcadia, WI 54612
9am-5pm

Arcadia Willow St. Apartments
253 Willow St.
Arcadia, WI 54612

Arcadia High School
756 Raider Dr, Arcadia, WI 54612
7am-2:30pm

Strum Public Library
114 5th Ave S, Strum, WI 54770
9:30am-3:30pm

Blair Public Library
122 Urberg Ave, Blair, WI 54616
3:30-6pm

Trempealeau County Courthouse
36245 Main St.
Whitehall, WI
8:00 AM to 4:30 PM