

Dane County Extreme Heat News Release
Jul 05, 2012

NEWS RELEASE

Public Health - Madison & Dane County

For Immediate Release

Contact: Jeff Golden (608) 243-0302

Extreme Heat is Dangerous

Strenuous Non-essential Outdoor Activities should be Postponed or Canceled Madison WI- July 5, 2012
- With heat indexes topping 100° during the next few days, it is important to be careful with any strenuous outdoor activity. At these very high temperatures, the body has difficulty dissipating the heat generated by exertion and following prolonged exposure can lead to heat related illness and death. Although extreme heat can lead to these conditions in a single afternoon, heat related stress is cumulative and increases the risk of heat-related injury with continued exposure.

Public Health Madison and Dane County strongly recommends that all non-essential outdoor activities including sporting events such as soccer, baseball and track should be postponed or cancelled.

Heat-related illness is a serious issue and should not be taken lightly. One of the more serious heat-related conditions is heat stroke, a very serious medical emergency that can potentially be fatal. Be aware of the signs of heat stroke.

Symptoms include:

- Hot, dry skin or profuse sweating
- Chills
- Throbbing headache
- Nausea
- High body temperature
- Confusion/dizziness
- Slurred speech

Heat stroke can strike anyone—even athletes who are in peak form. If you or having these symptoms or recognize these symptoms in someone else seek medical attention. Please be careful in this scorching heat.

For more detailed information about heat stroke, see

http://www.cdc.gov/niosh/topics/heatstress/#_Heat_Stroke