

## **McFarland Police Department Media Release**

From: Craig J. Sherven, Chief of Police

Date: 07-03-12

Subject: Heat Emergency

In anticipation of the current dangerously high temperatures, the residents of McFarland are encouraged to take extra precautions necessary to stay healthy and safe.

One of the most important measures is to keep watch on friends and neighbors who may not have air conditioning. Please check on elderly neighbors and if possible, invite them to your home.

Older adults and young children are particularly susceptible to extreme heat. If you are 65 years of age or older, ask a friend or relative to call and check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

The most common forms of heat-related illness are heat stroke, heat exhaustion, and cramping. Heat stroke is an emergency in which the body loses its ability to cool itself. If you suspect you or another is suffering from heat stroke, CALL 911 or go to the closest emergency room.

To protect your health when temperatures are extremely high, remember to keep cool and stay hydrated. Drink plenty of cool fluids - alcohol and drinks with large amounts of sugar can actually cause you to lose more body fluid.

Those who are in need of assistance may dial 211, or dial 911 in emergency situations. The Village Community Room and Library will be available for cooling during normal business hours.