



Health Department
County of La Crosse, Wisconsin

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Public Health
Prevent. Promote. Protect.

News Release

For Immediate Release: 07/20/2016

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Overnight Cooling Center to Open

The National Weather Service (NWS) has forecast heat indices reaching as high as 115° for Thursday and with a slightly lower index on Friday.

An overnight cooling center will be facilitated on Thursday, July 21 and Friday, July 22 from 7:00 p.m. through 7:00 a.m. at the Salvation Army, 223 N 8th Street. The purpose of the overnight cooling center is to provide respite from the extreme temperatures for those without access to a cooled environment and at risk for heat-related health concerns. Individuals may enter the marked entrance off the 223 N 8th Street parking lot between the hours of 7:00 and 10:00 p.m. Bedding, showers, and water will be available. Information about the locations and hours for overnight and daytime cooling sites is available by calling 2-1-1 (cell phones should call 608-775-4344).

Extreme heat can cause health problems ranging from heat rash and cramps to life-threatening conditions like heatstroke. Heat exhaustion is a common heat-related illness. Signs and symptoms of heat exhaustion include dizziness, thirst, fatigue, headache, nausea, vomiting, weakness and confusion. Untreated heat exhaustion can lead to heatstroke. If you experience these symptoms, call 911 to seek medical attention.

The following strategies can help people minimize the risks of overheating:

- Stay Cool
- Stay Hydrated
- Stay Informed

Go to <http://emergency.cdc.gov/disasters/extremeheat/heattips.asp> for Hot Weather Tips.

The following locations in La Crosse County are available to residents seeking daytime cooling relief:

Franciscan Hospitality House

- 114 N 6th St., La Crosse Thu-Fri: 12:30 pm-4:30 pm

Hmong Mutual Assistance Association

- 1815 Ward Ave, La Crosse Thu: 9 am-4:30 pm/Fri 9 am-12 pm

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"Protect, promote and improve the health of all people in the county."

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Overnight Cooling Center to Open (2nd page)

(See page 2 for more sites)

Public Libraries

City of La Crosse:

- 800 Main Street Thu: 9 am-8 pm/Fri: 9 am-6 pm/Sat: 9 am-5 pm
- 1552 Kane Street Thu-Fri 10 am-5 pm/Sat 1-5 pm
- 1307 South 16th Street Thu-Fri 10 am-5 pm/Sat 1-5 pm

City of Onalaska:

- 741 Oak Ave. S. Thu: 9 am-9 pm/Fri 9 am-5 pm/Sat: 9 am-2 pm

Town of Campbell

- 2548 Lakeshore Drive Thu: 3 pm-8 pm/Fri-Sat: 9 am-1 pm

Village of Bangor

- 1720 Henry Johns Blvd. Thu: 3 pm-6 pm/Fri 10 am-5 pm/Sat: 9 am-1 pm

Village of Holmen

- 103 State St. Thu: 10 am-8 pm/Fri 10 am-5 pm/Sat: 9 am-2 pm

Village of West Salem

- 201 Neshonoc Rd Thu: 1 pm-8 pm/Fri 11 am-5 pm/Sat: 10 am-1 pm

For more information, visit www.readywisconsin.wi.gov/heat/ or www.alertlacrosse.org.

See attachments for supplemental information/resources.

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