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Finding ways to Beat the Heat

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This hot weather means you have to be extra careful outside. Tri State Ambulance responded to several calls Monday after the heat got the best of people.

The temperature got up to 91 degrees Monday, but with the humidity it felt as hot as one hundred degrees.

While some headed indoors and out of the heat, others used it to do some business. Under the scorching sun, three kids from 13th street, are just trying to sell some lemonade. Across town, others are out playing tennis.

"It's really hot, when we play, it's like we can't play no more because we're really tired," said Jenna Lee of La Crosse.

And around the area, Tri-State Ambulance is working to help those suffering from the heat.

"We've had several people who've passed out today, from the heat," said Ed Koegel of Tri-State Ambulance.

Reaching 91, the temperature alone doesn't describe how hot it really was, with humidity it felt like 100 degrees. Paramedics say there are signs that show when people need to get out of the sun and into air conditioning.

Koegel says, "Headaches, profuse sweating, nausea, vomiting, and of course if they pass out or become very weak or have an inability to stand or become very shaky."

Paramedics say there's a lot you can do before it gets to that point, dress in light colored, light-weight clothing, wear a hat and, of course, make sure to drink plenty of water.

"Avoid alcohol, avoid caffeine and carbonated beverages as much as possible, water good 'ol water is about the best thing you can drink in this weather," said Koegel.

With even hotter temperatures expected again this week, paramedics warn to not over-do it in the sun, and stay in air conditioning if you can.

Remember that heat warnings are also for animals, so be sure to keep an eye on your pet as the temperatures rise.



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