

How to stay cool in extreme heat

By Brad Star
bstar@conley.net.com

WAUKESHA — An extreme heat warning is in effect through 7 p.m. today, with high heat index values expected to continue through the end of the week, according to the National Weather Service.

Heat index values were well into the triple digits across southern Wisconsin on Monday, including 101 in Waukesha. The heat index was expected to continue to surge today, with the NWS projecting a heat index of 106 in Waukesha.

While the initial extreme heat warning ends at 7 p.m. today, the prolonged heat wave is expected to continue through Friday, with additional heat advisories or extreme heat warnings still in play, according to the NWS. Heat indexes were expected to remain in the 70s into the evening, offering little reprieve from hot temperatures.

The NWS recommends practicing heat safety wherever you are.

■ Those working on outdoor job sites should stay hydrated and take breaks in the shade as often as possible.

■ Children and pets should not be left unattended in vehicles.

■ Strenuous outdoor activities should be limited during the heat; if they cannot be avoided, seek shade and stay hydrated.

■ Be sure to check in on the elderly, sick and those without air conditioning.

Waukesha County Health and Human Services (HHS) provides a list of recommended shelters in the event of extreme weather. They are not intended for overnight stays or long-term shelter, but can provide relief during periods of extreme heat, according to a Facebook post from the HHS.

The list of recommended shelters in Waukesha County includes:

- **Sussex Civic Center**, N64W23760 Main St., Sussex
- **Merton Town Hall Library**, N76-W31429 Highway VV, North Lake
- **Alice Baker Memorial Library**, 820 E. Main St., Eagle



Katherine Beck/Freeman Staff

A large crowd gathers outside of Buchner Pool in Waukesha on Monday shortly before it opened for open swim at 12:30 p.m.

- **Butler Public Library**, 12808 W. Hampton Ave., Butler
- **Hartland Public Library**, 110 E. Park Ave., Hartland
- **Pauline Haass Public Library**, N64-W23820 Main St., Sussex
- **Waukesha Public Library**, 321 Wisconsin Ave., Waukesha
- **Pewaukee Public Library**, 210 Main St., Pewaukee
- **Brookfield Public Library**, 1900 N. Calhoun Road, Brookfield
- **Delafield Public Library**, 500 N. Genesee St., Delafield
- **Mukwonago Community Library**, 511 Division St., Mukwonago
- **Elm Grove Public Library**, 13600 Juneau Blvd., Elm Grove
- **New Berlin Public Library**, 15105 W. Library Lane, New Berlin
- **Muskego Public Library**,

- S73-W16663 W. Janesville Road, Muskego
- **Oconomowoc Public Library**, 200 W. South St., Oconomowoc
- **Big Bend Village Library**, W230-S9185 Nevins St., Big Bend
- **The Salvation Army of Waukesha County**, 445 Madison St., Waukesha
- **Hope Center**, 101 W. Broadway, Waukesha
- **James Place**, 129 W. Broadway, Waukesha
- **Siena House**, 1519 Summit Ave., Waukesha
- **Juno House**, 812 N. East Ave., Waukesha
- **Stone Soup Project**, 409 E. Main St., Waukesha
- **Family Promise of Waukesha County**, 139 E. North St., Waukesha
- **NAMI Southeast Wisconsin**,

- 2717 N. Grandview Blvd. Suite 205, Waukesha
- **Food Pantry of Waukesha County**, 1301 Sentry Drive, Waukesha
- **The Women's Center**, 505 N. East Ave., Waukesha

The libraries listed serve as cooling sites during regular library hours. All libraries listed are closed on July 4 and most libraries (except Alice Baker Memorial and Brookfield) are also closed July 3, and as such will not be available as cooling sites on those days, according to Emily Heller, public communications coordinator for Bridges Library System.

If you're looking to beat the heat and have some fun with family at the same time, Waukesha County offers several pool and

splash pad locations:

- **Horeb Springs Aquatic Center**, 330 Spring St., Waukesha
- **Buchner Park Community Room & Pool**, 223 Oakland Ave., Waukesha
- **Wirth Park Wiberg Aquatic Center**, 2585 Pilgrim Road, Brookfield
- **Elm Grove Village Pool and Splash Pad**, 13600 Juneau Blvd., Elm Grove
- **Lake Country Rotary Splash Pad at Nixon Park**, 175 E. Park Ave., Hartland
- **The Grove at Village Park**, W244N6260 Weaver Drive, Sussex
- **Oconomowoc Rotary Splash Pad Roosevelt Park**, 630 S. Main St., Oconomowoc
- **Garrison's Splash Pad**, N45-W23440 Lindsay Road, City of Pewaukee