

Adams County Emergency Management

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For Immediate Release
June 30, 2026

AMENDED

COOLING CENTERS AVAILABLE DANGEROUS HEAT EXPECTED MONDAY, JUNE 29 - FRIDAY, JULY 3, 2026

From the Office of Adams County Emergency Management

Extreme hot temperatures are expected from Monday, June 29th through Friday, July 3rd, with the hottest days being Monday through Wednesday.

The following locations in Adams County are available, during normal business hours, as cooling sites for the public, Monday, June 29 - Friday, July 3, 2026.

Adams County Library (569 N. Cedar Street, Adams) – Monday & Wednesday - 9:00 a.m. - 5:00 p.m., Tuesday - 9:00 a.m. - 7:00 p.m., Thursday - 1:00 p.m. - 7:00 p.m. **Closed Friday, July 3, 2026.**

Adams County Community Center (569 N. Cedar Street, Adams) – Monday-Thursday – 8:00 a.m. – 4:30 p.m. (Check-in with UW-Extension). **Closed Friday, July 3, 2026.**

Emplify Health by Gundersen Friendship Hospital (Solarium Room, 402 West Lake Street, Friendship) – Saturday & Sunday - check-in at the Emergency room. Monday-Friday – Check in at the clinic/hospital registration desk. After 6:00 p.m. – Check-in at the Emergency Room.

Rome Town Hall – Community Room (1156 Alpine Drive, Nekoosa, corner of Hwy. 13 & D) – Monday–Thursday – 8:00 a.m. – 4:00 p.m. **Closed Friday, July 3, 2026.**

Lester Public Library of Rome (1157 Rome Center Drive, Nekoosa) Monday - Thursday - 9:00 a.m. - 6:00 p.m. **Closed Friday, July 3, 2026.**

Corner Pump (3303 Hwy. 13, Wis. Dells, corner of Hwy. 13 & 82) – Monday – Friday – 4:00 a.m. – 9:00 p.m.

Questions can be directed to Jane Lentz-Gervais, Director, Adams County Emergency Management, at 608-339-4248.

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Adams County Emergency Management is encouraging residents to take extra precautions as extreme hot temperatures are expected Monday through Friday.

Hot weather temperatures can be extremely dangerous to humans and animals.

Excessive heat can lead to serious illness and death unless precautions are exercised to prevent these dangers. General symptoms of heat exhaustion include fainting, rash, fatigue, muscle cramps and nausea. Skin may become clammy and moist or hot and dry. The onset of heat stroke can be rapid and may progress to life-threatening illness within minutes. If heat-related symptoms appear, immediate actions should be taken to reduce body temperature. Move to air conditioning, drink water, get under a fan and put on cool washcloths. If symptoms worsen or don't improve, go to the emergency room.

The following tips are recommended to keep safe in hot weather:

- Stay hydrated. Drink plenty of water and eat lightly. Don't wait until you're thirsty.
- Wear lightweight, loose-fitting, light colored clothing. Adding a hat or umbrella will keep your head cool.
- Avoid going outside during the hottest part of the day. Slow down and limit physical activity. Plan your outings for early morning or evening, when temperatures are cooler.
- Stay in air conditioning. When possible, stay in air conditioning on hot days. If you don't have air conditioning, seek shelter at a local cooling center or head to the mall and other public spaces to keep cool. Keep your living space cool. Victims of heat related deaths did not have air conditioning and did not seek shelter from the heat at a local cooling center.
- Don't stop taking medication unless your doctor says you should.
- Take a cool shower, bath, or sponge bath to reduce body temperatures. It will actually work faster to cool you down than air conditioning. Putting a cold wet rag on your neck, head and limbs also cools down the body quickly.
- Check on loved ones. Make frequent checks on the status of elderly, relatives and neighbors and move them to an air-conditioned environment during the hottest part of the day.
- Beware of hot cars. Never leave a person or pets in a parked car, even for a short time. On an 80 degree day, the temperature inside a car can reach 100 degrees in less than 10 minutes.

People at higher risk of a heat-related illness include:

- Older adults, Infants and young children
- People with chronic heart or lung problems
- People with disabilities
- Overweight persons
- Those who work outdoors or in hot settings
- Users of some medications, especially those taken for mental disorders, movement disorder, allergies, depression, and heart or circulatory problems
- People who are isolated that don't know when or how to cool off – or when to call for help.

Pets and livestock can also suffer from the heat. Pets and livestock should be checked frequently and kept out of direct sunlight if possible. Make sure all pets and livestock have access to cool, clean water and shade. Try to provide shade for all animals pastured outside. Consider adding shade cloth or tarps to an area to provide shade or open pastures to areas where trees or buildings provide shade. Limit exercising your pet to early morning or late evening

hours when it is cooler. Some of the signs of heatstroke in pets include heavy panting, glazed eyes, and excessive thirst. Seek veterinary assistance immediately.

For more information, visit: <https://readywisconsin.wi.gov/be-informed/extreme-heat/> or contact your county Emergency Management office or the National Weather Service.