



For immediate release

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Prepare for the Summer months – June 1 is Heat Awareness Day in Wisconsin

MADISON, Wis. – While summer months mean fun in the sun, there could be danger if you stay outside too long on extra hot and humid days. ReadyWisconsin and the Wisconsin Department of Health Services (DHS) urge everyone to take steps to protect themselves and those around you from heat dangers. Gov. Tony Evers has declared June 1 as Heat Awareness Day in Wisconsin.

“As summer warms up, there are ways to beat the heat and not end up in an emergency room,” said Wisconsin Emergency Management Acting Administrator Greg Engle. “Extreme heat can be extremely dangerous, and it’s important to take an active role in staying safe.”

Preliminary data from DHS shows nine people died in Wisconsin from May 1 to Sept. 30, 2021 due to heat-related causes, while another 803 people were treated in emergency departments.

Climate change is bringing more frequent extreme elevated heat events to the state. The past two decades were the warmest on record for Wisconsin, and as a result has negatively impacted more Wisconsinites than other weather disaster combined, according to the Office of Sustainability and Clean Energy. Extreme heat events cause elevated levels of heat stress, heat stroke and heat exhaustion, so it’s even more important for all Wisconsinites to keep track of the forecast, ensuring it is safe to engage in outdoor activities or get to a cooler location if residents do not have air conditioning in their home.

Older adults, young children, sick, and overweight individuals are more susceptible to illness during extreme heat events. Outdoor workers and active people of all ages are also at risk of heat-related illnesses when temperatures climb and combine with high humidity.

“In extreme heat, your body is working extra hard to maintain a normal temperature, which could lead to severe illness or even death,” said Dr. Jon Meiman, chief medical officer for the DHS Bureau of Environmental and Occupational Health. “Heat-related deaths and hospitalizations are preventable, and it’s important to know what to do if you or a loved one show signs of heat-related illness.”

Heat stroke is a serious, life-threatening type of heat illness. Some signs to look out for include:

- Extremely high body temperature (greater than 103 degrees Fahrenheit)
- Red, hot, and dry skin with (no sweating)
- Rapid, strong pulse
- Dizziness, confusion, or unconsciousness.

If you suspect heat stroke, call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help arrives. Do not give the person anything to drink.

The heat can also be dangerous for pets. Help keep them safe by limiting their time outdoors and making sure they have access to fresh drinking water.

The inside of a car can be especially dangerous. On an 80-degree Fahrenheit day, temperatures in a vehicle parked in direct sunlight can climb almost 20 degrees in just 10 minutes. Never leave a child or pet inside a parked car.

Tips for staying safe during extreme heat:

- Stay cool – Remain inside air-conditioned buildings as much as possible during the hottest parts of the day and avoid direct sunlight.
- Stay aware – Watch for early signs of heat-related illnesses such as dizziness, headache, fatigue, and muscle cramps. If symptoms do not improve, seek medical attention.
- Stay hydrated – Drink plenty of nonalcoholic fluids. Don't wait until you're thirsty to drink! Do not take salt tablets unless directed to by a medical professional.
- Stay informed – Pay attention to local weather forecasts and extreme heat alerts.

During periods of extreme heat, the National Weather Service may issue advisories, watches or warnings to the public. When those conditions are present, people are encouraged to adjust their plans and take precautions to help reduce their risk of exposure to potentially dangerous conditions.

Gov. Evers' Heat Awareness Day proclamation is available at <https://readywisconsin.wi.gov/be-informed/extreme-heat/>

For more tips on emergency preparedness, head to <http://readywisconsin.wi.gov>. You can also follow ReadyWisconsin on Facebook (www.facebook.com/readywisconsin) and Twitter (www.twitter.com/readywisconsin).

Find more tips to prevent heat-related illnesses at <https://www.dhs.wisconsin.gov/climate/weather/heatillness.htm> and follow DHSWI on Facebook (<https://www.facebook.com/DHSWI>) and Twitter (<https://twitter.com/DHSWI>) and dhs.wi on Instagram (<https://www.instagram.com/dhs.wi/>)

Learn more about climate change in Wisconsin at <https://climatechange.wi.gov/Pages/Home.aspx> and strategies the state is pursuing the address climate change impacts through Wisconsin Clean Energy Plan: <https://osce.wi.gov/pages/cleanenergyplan.aspx>

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Tips for keeping safe in hot weather:

- Never leave children, disabled persons, or pets in a parked car – even briefly. Temperatures in a car can become life threatening within minutes. On an 80-degree day with sunshine, the temperature inside a car, even with the windows cracked slightly, can rise 20 to 30 degrees above the outside temperature in 10 to 20 minutes.
- Keep your living space cool. If you have an air conditioner, use it. Cover windows to keep the sun from shining in. If you don't have an air conditioner, consider going to a community cooling center. If you stay at home, open windows to let air circulate. At extreme high temperatures, a fan loses its ability to effectively reduce heat-related illness. When it's hotter than 95 degrees, use fans to blow hot air out of the window rather than to blow hot air on your body.
- Slow down and limit outdoor physical activity. Plan outings or activities that require physical exertion for the early morning or after dark when temperatures are cooler.
- Drink plenty of water and eat lightly. Don't wait for thirst. Drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
- Wear lightweight, loose-fitting, light-colored clothing. Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
Don't stop taking medication unless your doctor says you should. Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.
- Taking a cool shower or bath will cool you down. A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.
- Avoid Sunburns. They can significantly slow the skin's ability to release excess heat.

Signs and Symptoms of Heat-Related Illness:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

- Move to a cooler location.
- Lie down and loosen your clothing.
- Apply cool, wet cloths to as much of your body as possible.
- Sip water.
- If you have vomited and it continues, seek medical attention immediately.

Heat Stroke

Symptoms

- High body temperature (above 103°F)
- Throbbing headache
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — **this is a medical emergency**.
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.



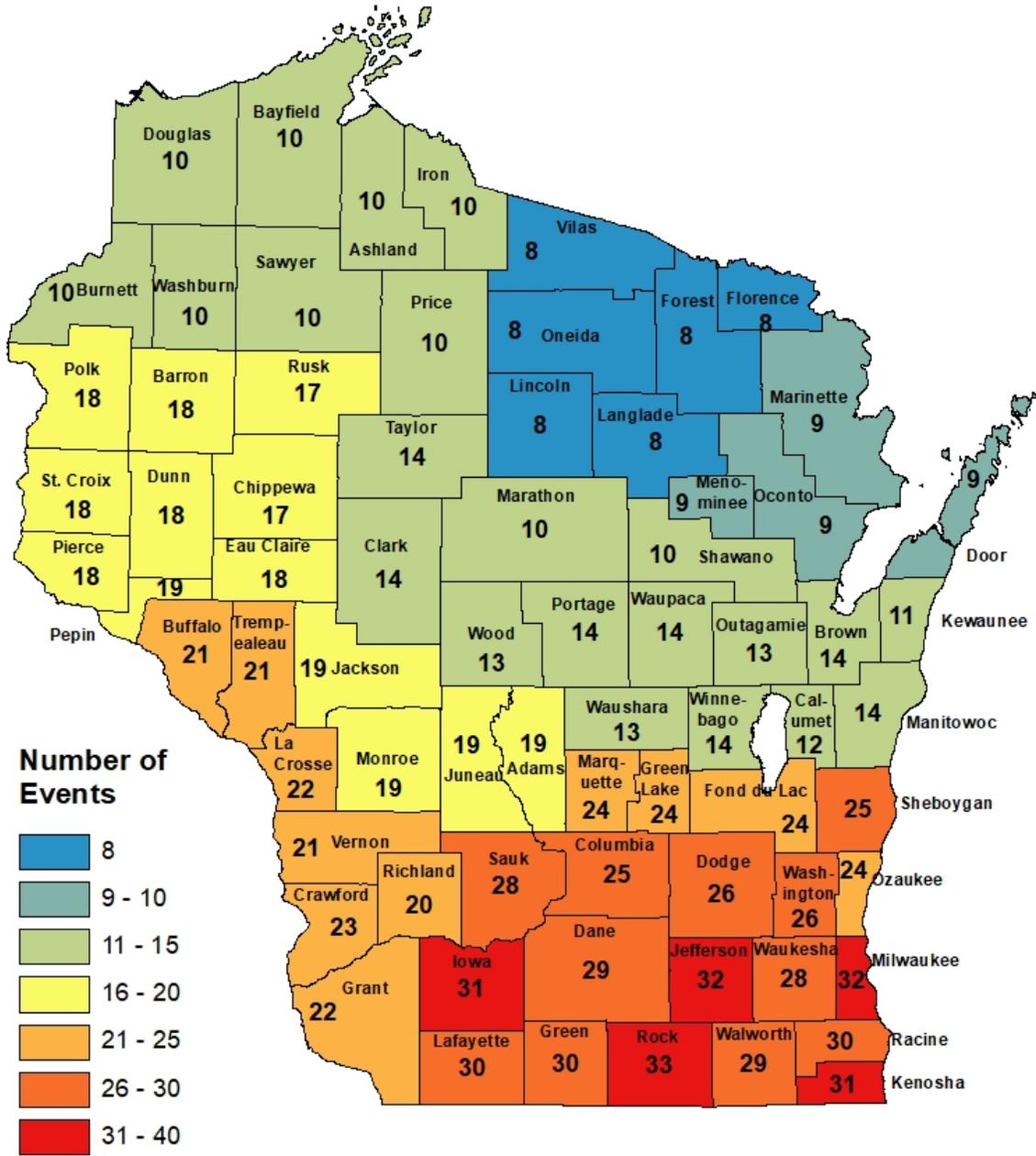
National Weather Service (NWS) Heat Wave Program in Wisconsin

1. **Outlook Statement** – Issued daily to highlight potential hazardous weather in the next 1 to 7 days. Periods when Heat Index will equal or exceed 95 are mentioned (could lead to Heat Advisory or Excessive Heat Warning conditions). These are issued as a Hazardous Weather Outlook (HWO), broadcast on NOAA Weather Radio All Hazards, and posted on NWS web sites (www.weather.gov).
2. **Heat Advisory** – Issued 6 to 36 hours in advance of a daytime period in which daytime heat index (HI) values of 100 degrees or more are expected. Additionally, if daytime HI values are expected to be 95 to 99 degrees for four consecutive days or more an Advisory should be issued.
3. **Excessive Heat Watch** – Issued generally 12 to 48 hours before Excessive Heat Warning conditions are expected.
4. **Excessive Heat Warning** – Issued 6 to 36 hours in advance of any occurrence of a 48-hour period in which daytime heat index (HI) values are expected to be 105 degrees or higher and nighttime HI values will be 75 degrees or higher. Additionally, if four consecutive days of daytime HI values of 100 to 104 are expected, an Excessive Heat Warning will be issued.

For additional information, visit <https://www.weather.gov/safety/heat>.



Wisconsin Heat Wave Events 1982 - 2021



Additional resources:

ReadyWisconsin - <https://readywisconsin.wi.gov/be-informed/extreme-heat/>

Wisconsin Dept. of Health Services - <https://www.dhs.wisconsin.gov/climate/heat.htm>

Centers for Disease Control - <https://www.cdc.gov/disasters/extremeheat/index.html>

National Weather Service - <https://www.weather.gov/safety/heat>

ReadyWisconsin on social media:

Facebook - <https://www.facebook.com/ReadyWisconsin/>

Twitter - <https://twitter.com/readywisconsin>

Instagram - <https://www.instagram.com/readywisconsin/>

Sample Social Media Graphics:



		Outside Air Temperature (F)					
		70	75	80	85	90	95
Elapsed Time (Minutes)	Inside Closed Car Air Temperature (F)						
	0	70	75	80	85	90	95
10	89	94	99	104	109	114	
20	99	104	109	114	119	124	
30	104	109	114	119	124	129	
40	108	113	118	123	128	133	
50	111	116	121	126	131	136	
60	113	118	123	128	133	138	
More Than 1 Hour	115	120	125	130	135	140	

Courtesy Jan Null, CCM; Department of Geosciences, San Francisco State University

HEAT EXHAUSTION		OR	HEAT STROKE	
Faint or dizzy			Throbbing headache	
Excessive sweating			No sweating	
Cool, pale, clammy skin			Body temperature above 103° Red, hot, dry skin	
Nausea or vomiting			Nausea or vomiting	
Rapid, weak pulse			Rapid, strong pulse	
Muscle cramps			May lose consciousness	
<ul style="list-style-type: none"> • Get to a cooler, air conditioned place • Drink water if fully conscious • Take a cool shower or use cold compresses 			<h1>CALL 9-1-1</h1> <ul style="list-style-type: none"> • Take immediate action to cool the person until help arrives 	

10 Tips to Beat the Heat

1. Keep hydrated by drinking plenty of water	2. Spend time in air-conditioned places	Close window shades and blinds	Dress for summer. Wear lightweight and light-colored clothing to reflect sunlight	Learn how to recognize heat illness
Slow down: Reschedule outdoor activities to avoid the hottest part of the day	Check on pets	Don't leave kids, pets, or disabled adults alone in vehicles. Remember to check for sleeping infants!	Check on neighbors, especially adults over 65 years old	Eat light meals that are easy to digest
NATIONAL WEATHER SERVICE OCEANIC AND ATMOSPHERIC ADMINISTRATION Milwaukee				