

HOW HEAT INDEX AFFECTS YOU

Heat index is a measurement indicating what the temperature feels like to the human body. It combines the relative humidity with the air temperature.

Heat index is an important consideration for comfort. In extreme heat your body works extra hard to maintain a normal temperature, which can lead to serious illness or death. Heat indices 103°F or greater can lead to dangerous heat disorders with prolonged exposure.

- 80° - 90°F HEAT INDEX. Fatigue is possible with prolonged exposure and/or physical activity.
- 90° - 103°F HEAT INDEX. Heat stroke, heat cramps, or heat exhaustion possible with prolonged exposure and/or physical activity.
- 103° - 124°F HEAT INDEX. Heat cramps or heat exhaustion likely, and heat stroke possible with prolonged exposure and/or physical activity.
- 125°F or higher HEAT INDEX. Heat stroke is highly likely.



ReadyWisconsin is a campaign of Wisconsin Emergency Management, a division of the Wisconsin Department of Military Affairs.

ReadyWisconsin seeks to educate and empower people to prepare for and respond to disasters.

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EXTREME HEAT



HEAT-RELATED ILLNESSES

HEAT STROKE

WHAT TO LOOK FOR

- High body temperature
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Nausea
- Confusion
- Loss of consciousness

WHAT TO DO

- Call 9-1-1 immediately
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or cool bath
- Do not give the person anything to drink

HEAT EXHAUSTION

WHAT TO LOOK FOR

- Heavy sweating
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness/weakness
- Dizziness
- Headache
- Fainting

WHAT TO DO

- Move to a cool place
- Loosen clothes
- Put cool, wet cloths on body or take cold bath
- Sip water

GET MEDICAL HELP IF:

- Vomiting
- Symptoms get worse
- Symptoms last more than one hour



POPULATIONS VULNERABLE TO HEAT

- **ADULTS OVER 65.** Less aware of and adaptable to extreme heat.
- **PEOPLE LIVING ALONE AND/OR WITHOUT AIR CONDITIONING.** May not know when to call for help.
- **INDIVIDUALS WITH DISABILITIES.** May not know or realize that they are in danger.
- **CHILDREN UNDER 5.** Sensitive to effects of extreme heat and rely on others to keep them cool and hydrated.
- **PEOPLE WITH CHRONIC MEDICAL CONDITIONS.** Medical conditions can worsen with the impact of extreme heat.
- **HOMELESS.** May be unaware of cooling centers and may have limited access to other cooling methods, such as cool showers.
- **OUTDOOR WORKERS.** More likely to become dehydrated and more likely to get heat-related illnesses.
- **NON-ENGLISH SPEAKERS.** May not have access to current information about heat advisories and health risks associated with extreme heat.
- **PETS.** Depend on owner for adequate protection from heat.

BEFORE EXTREME HEAT

- Do not rely on a fan as your primary cooling device. Fans create air flow, but do not reduce body temperatures or prevent heat-related illness.
- Identify places to get cool in your community, such as libraries or community cooling centers.
- Cover windows with drapes or shades.
- Use weather-stripping around doors and windows.
- Use window reflectors.
- Use a powered attic fan or ventilator to clear out hot air in the attic.
- Install window air conditioner units.



DURING EXTREME HEAT

- Drink plenty of water and limit alcohol consumption.
- Limit time spent in the sun or outdoors.
- Cover windows.
- If you do not have an air conditioner and temperatures are above 95° F, go to a community cooling center.
- Cut down on exercise during extreme heat.
- Wear sunscreen.
- Provide drinking water and shade with good air flow for livestock and pets.
- **DO NOT LEAVE PEOPLE OR PETS UNATTENDED INSIDE A VEHICLE.**

