



# STATE OF WISCONSIN

## DEPARTMENT OF MILITARY AFFAIRS

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***For Immediate Release***

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### **Wisconsin Heat Awareness Day is June 5, 2019**

MADISON, Wis. – While many people look forward to warmer temperatures during the summer months, it’s also important to remember that hot conditions can turn dangerous quickly. June 5, 2019 is Heat Awareness Day in Wisconsin.

In 2018, preliminary figures from the Wisconsin Department of Health Services show five people died in Wisconsin due to heat-related causes. In the last five years, at least 13 people have died in Wisconsin and thousands of residents have fallen ill or been hospitalized due to heat-related conditions.

“Death or illness due to extreme heat can occur with little warning,” said Wisconsin Emergency Management Administrator Brian Satula. “Many victims of heat-related illnesses are socially isolated, so please stay in contact with family members and friends who are elderly or have mobility issues during hot weather.”

It is important to take care of yourself and to check in on family, friends, and neighbors during periods of extreme heat. Those most vulnerable include very young children, the elderly, and people with heart disease or high blood pressure. Individuals who are overweight or on certain medications may also be more susceptible to illnesses during extreme heat events.

The inside of a car can be especially dangerous, with temperatures inside a vehicle able to climb very quickly – as much as 20 degrees Fahrenheit in just 10 minutes. Never leave a child or pet inside a parked car. Leaving a window cracked is not enough.

Tips for staying safe during extreme heat:

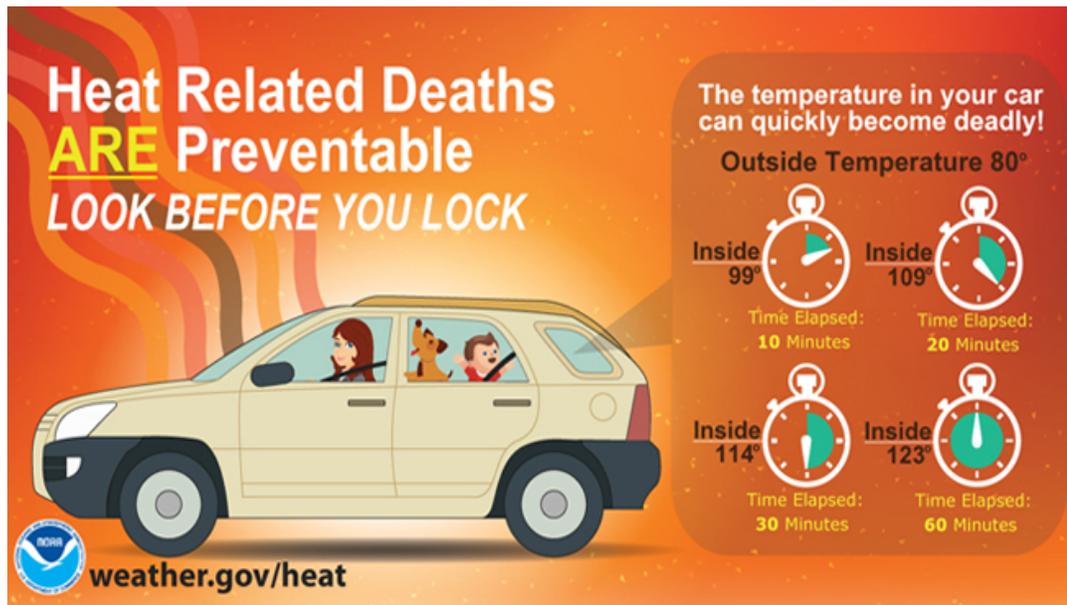
- Stay cool – Remain inside air-conditioned buildings as much as possible during the hottest parts of the day and avoid direct sunlight.
- Stay aware – Watch for signs of heat-related illnesses, such as weakness, dizziness, nausea, and muscle cramps. If symptoms don’t improve, seek medical attention.
- Stay hydrated – Drink plenty of water. Don’t wait until you’re thirsty to drink!
- Stay informed – Pay attention to local weather forecasts and extreme heat alerts.

Stay informed on impending heat dangers by following us on: Facebook ([www.facebook.com/readywisconsin](http://www.facebook.com/readywisconsin)), Twitter ([www.twitter.com/readywisconsin](http://www.twitter.com/readywisconsin)), and Instagram ([www.instagram.com/readywisconsin](http://www.instagram.com/readywisconsin)).



### Tips to keep 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.

#### **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>

# Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.



[weather.gov/heat](http://weather.gov/heat)

### Job Sites

Stay hydrated and take breaks in the shade as often as possible.

### Indoors

Check up on the elderly, sick and those without AC.

### Vehicles

Never leave kids or pets unattended - LOOK before you LOCK

### Outdoors

Limit strenuous outdoor activities, find shade, and stay hydrated.

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"> <li>• Get to a cooler, air conditioned place</li> <li>• Drink water if fully conscious</li> <li>• Take a cool shower or use cold compresses</li> </ul>		<h2>CALL 9-1-1</h2> <ul style="list-style-type: none"> <li>• Take immediate action to cool the person until help arrives</li> </ul>



### **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](http://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 about heat awareness, contact your local public health department, county emergency management director or the National Weather Service.

### **Wisconsin Heat-Related Fatalities**

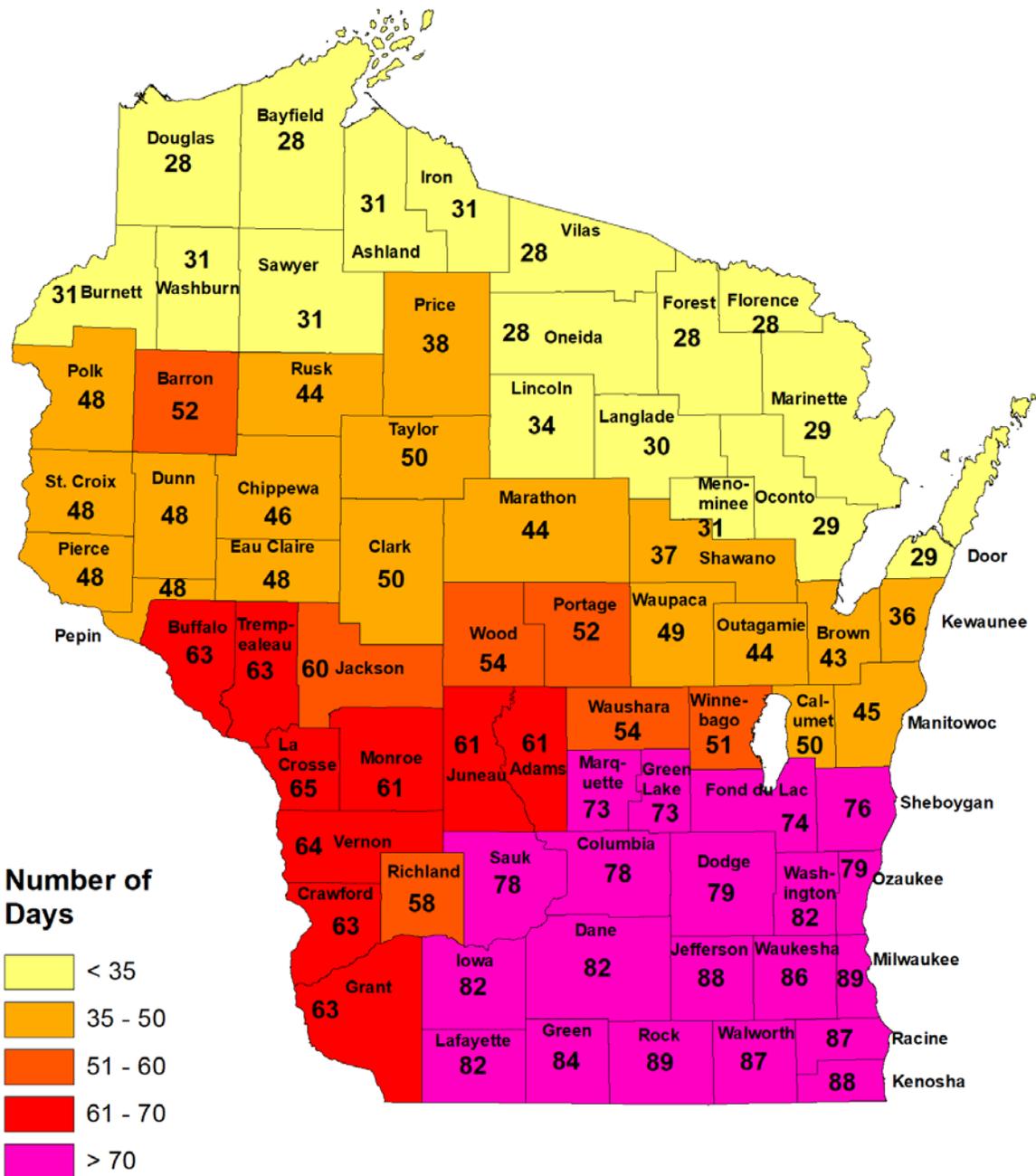
<b>Year of Death</b>	<b># Fatalities</b>
<b>2000</b>	1
<b>2001</b>	21
<b>2002</b>	7
<b>2003</b>	5
<b>2004</b>	3
<b>2005</b>	11
<b>2006</b>	8
<b>2007</b>	5
<b>2008</b>	1
<b>2009</b>	4
<b>2010</b>	9
<b>2011</b>	9
<b>2012</b>	26
<b>2013</b>	12
<b>2014</b>	1
<b>2015</b>	2
<b>2016</b>	3
<b>2017</b>	2
<b>2018</b>	5

\* Death data from the year 2018 are not yet finalized, so the heat-related fatality number for that year is considered preliminary. (Source: Wisconsin Department of Health Services)

\*\*This chart excludes records with a man-made cause of heat exposure, that occurred during non-summer months (October 1-April 30), and for Wisconsin residents who died while out of the state.

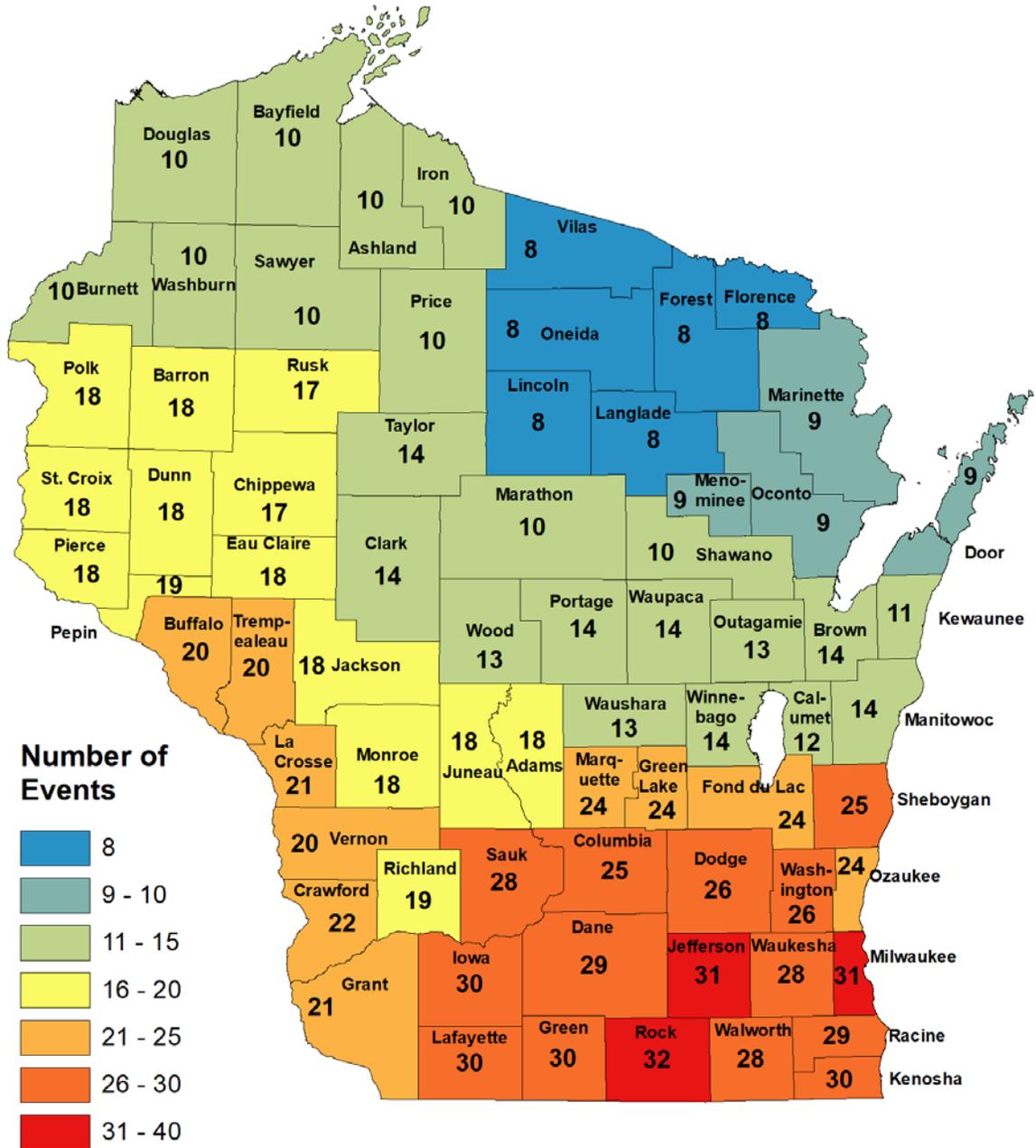


# Wisconsin Heat Wave Days 1982 - 2018



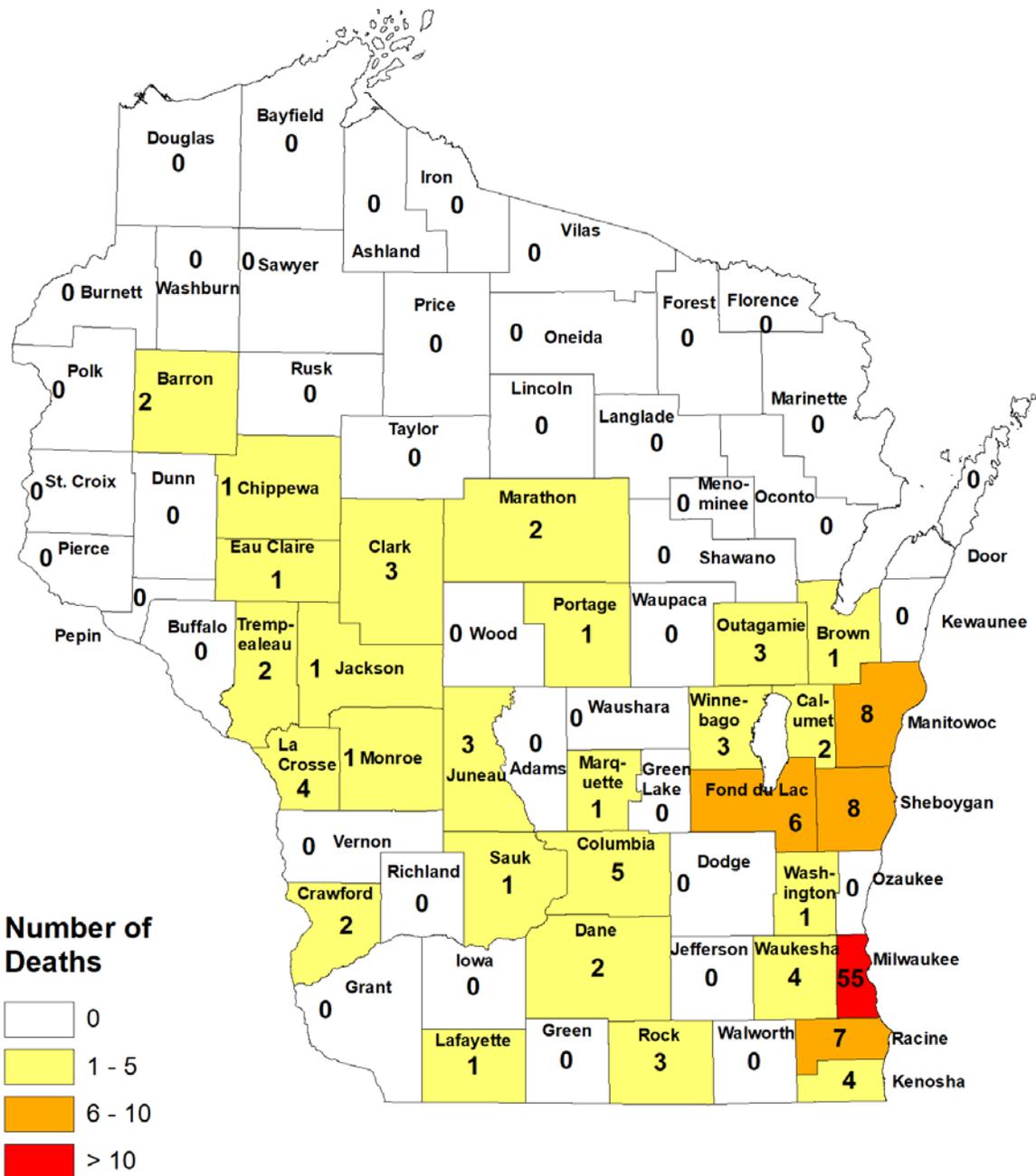


# Wisconsin Heat Wave Events 1982 - 2018





# Wisconsin Heat Wave Deaths 1982 - 2018





# BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

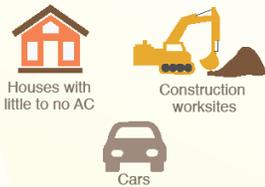
## WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

## WHO:



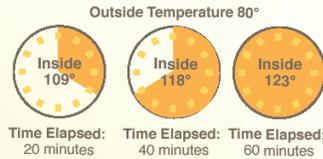
## WHERE:



## HOW to AVOID:



During extreme heat the temperature in your car could be deadly!



## HEAT ALERTS: Know the difference.

HEAT OUTLOOK	HEAT WATCHES	HEAT WARNING/ADVISORY
<b>Minor</b> Excessive heat event in 3 to 7 days	Excessive heat event in 12 to 48 hours	Excessive heat event in next 36 hours <b>Major</b>

## DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

**Sunburn** can significantly slow the skin's ability to release excess heat.

**206** people died in the US as a result of extreme heat in 2011.

**\$30 BILLION** estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:  
<http://www.cdc.gov/extremeheat/>

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Centers for Disease Control and Prevention  
Office of Public Health Preparedness and Response