

HEAT AWARENESS SAFETY TIPS & FACTS

To help keep cool this summer, here are some tips to keep safe in hot weather:

1. **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. There have been cases where the inside temperature rose 40 degrees! Additional information at:
<http://www.nws.noaa.gov/os/heat/index.shtml>
2. **Keep your living space cool.** Cover windows to keep the sun from shining in. If you don't have an air conditioner, open windows to let air circulate. 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. Basements or ground floors are often cooler than upper floors.
3. **Slow down and limit physical activity.** Plan outings or exertion for the early morning or after dark when temperatures are cooler.
4. **Drink plenty of water and eat lightly.** Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
5. **Wear lightweight, loose-fitting, light-colored clothing.** Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
6. **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.
7. **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.

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

SYMPTOMS OF HEAT-RELATED ILLNESS AND WHAT TO DO

- *Heat Cramps* - cramps or muscle spasms in the abdomen, arms or legs.

Solution: Stop activity. Cool down, drink clear juice or sports drink.

- *Heat Exhaustion* - heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting.

Solution: Cool down, seek medical attention.

- *Heat Stroke* - extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.

Solution: Call 911 and cool the victim with shower or hose until help arrives.

(Courtesy: Wisconsin Department of Health Services)

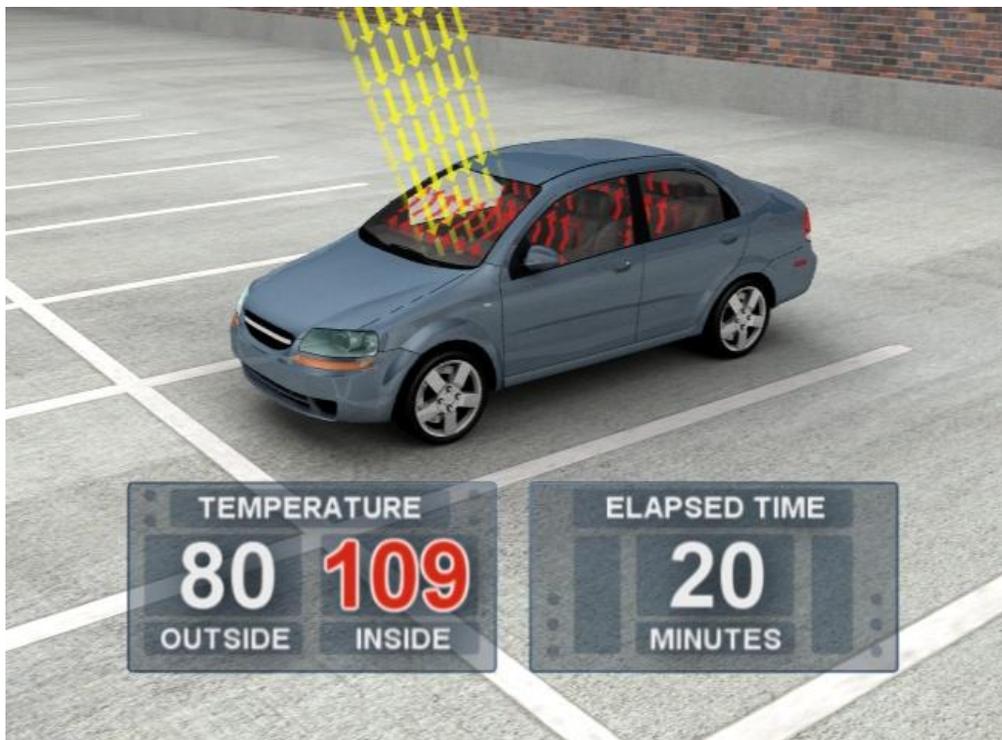
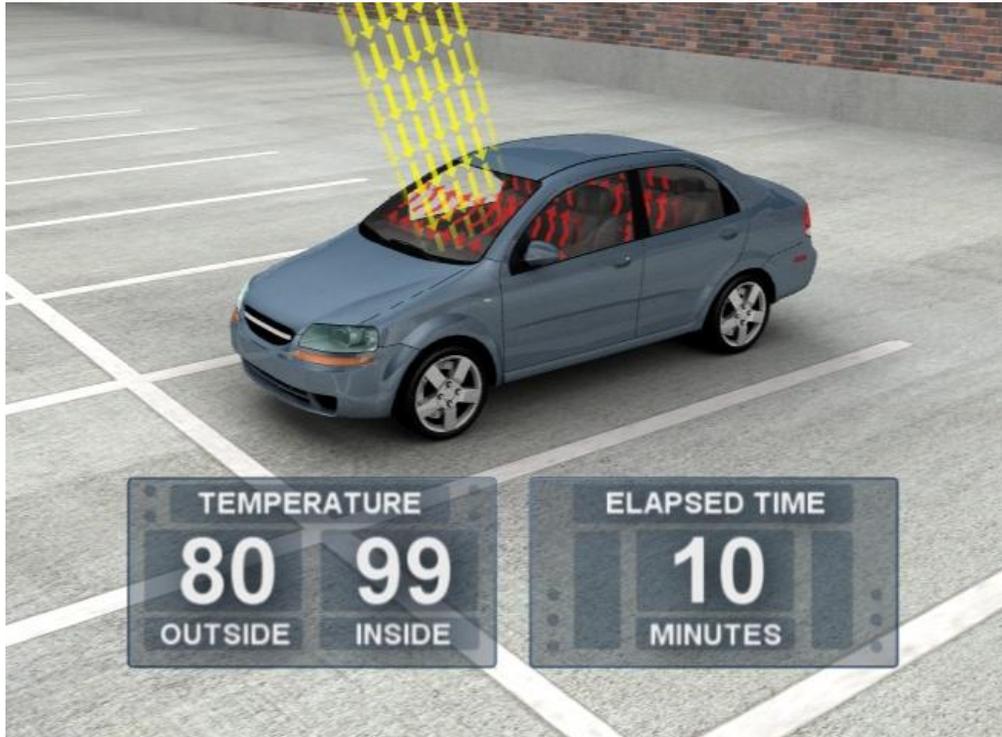
For more information, visit <http://readywisconsin.wi.gov> and click on our Heat Awareness section.



National Weather Service Heat Wave Program in Wisconsin

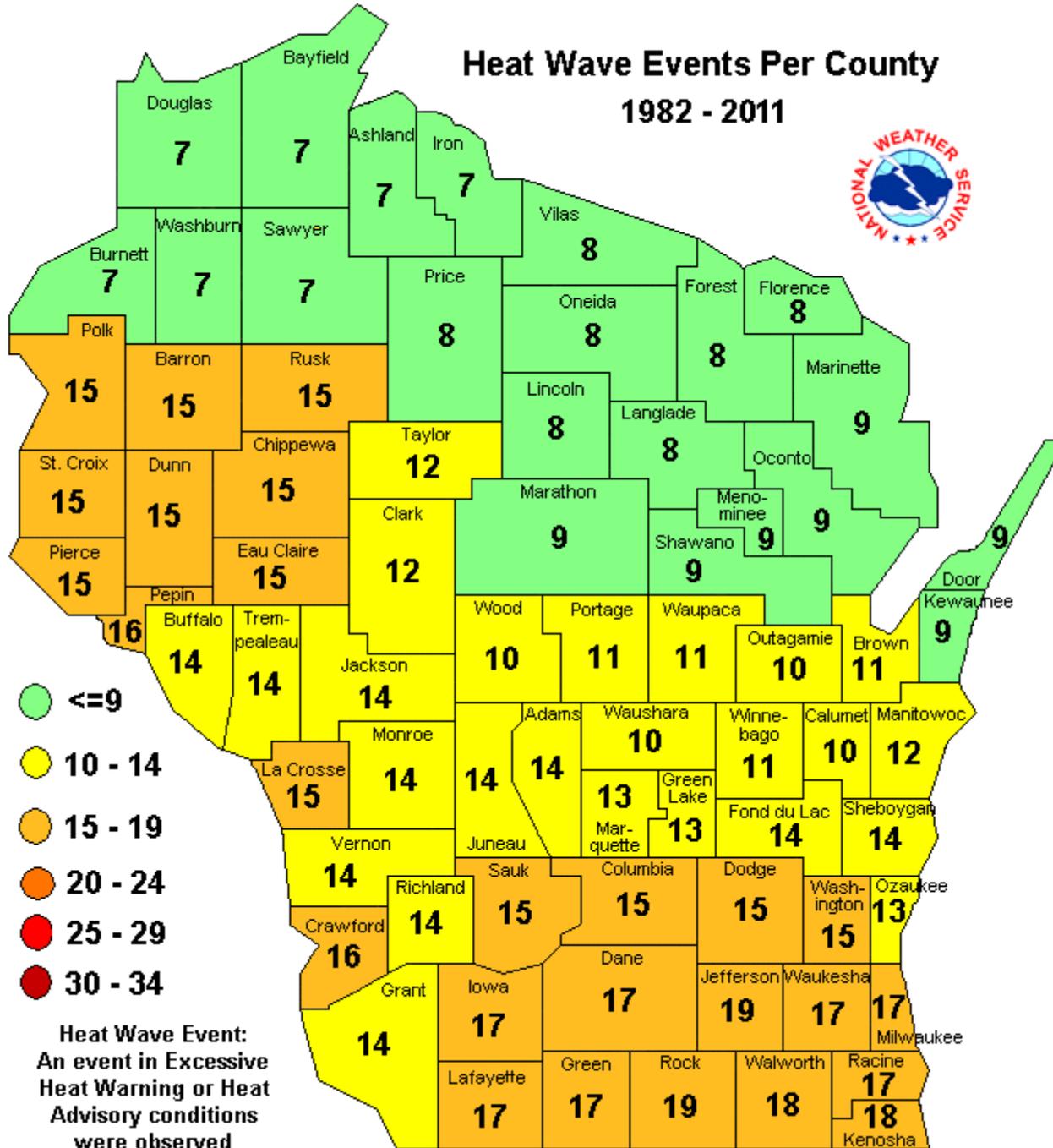
1. **Outlook Statement** – Issued daily to highlight potential hazardous weather in the next 1 to 7 days. Periods when Heat Index will equal or exceed 95 are mentioned (could lead to Heat Advisory or Excessive Heat Warning conditions). Issued as a Hazardous Weather Outlook (HWO). Broadcasted on NOAA Weather Radio All Hazards, and posted on NWS web sites (www.weather.gov).
2. **Heat Advisory** – Issued 6 to 24 hours in advance of any 24-hour period in which daytime heat index (HI) values of 100 degrees or more and/or when air temperatures are expected to be 95 degrees or higher. If four consecutive days of these conditions are expected, then the Excessive Heat Warning will be issued. 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 in advance of Excessive Heat Warning conditions are expected.
4. **Excessive Heat Warning** – Issued 6 to 24 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.

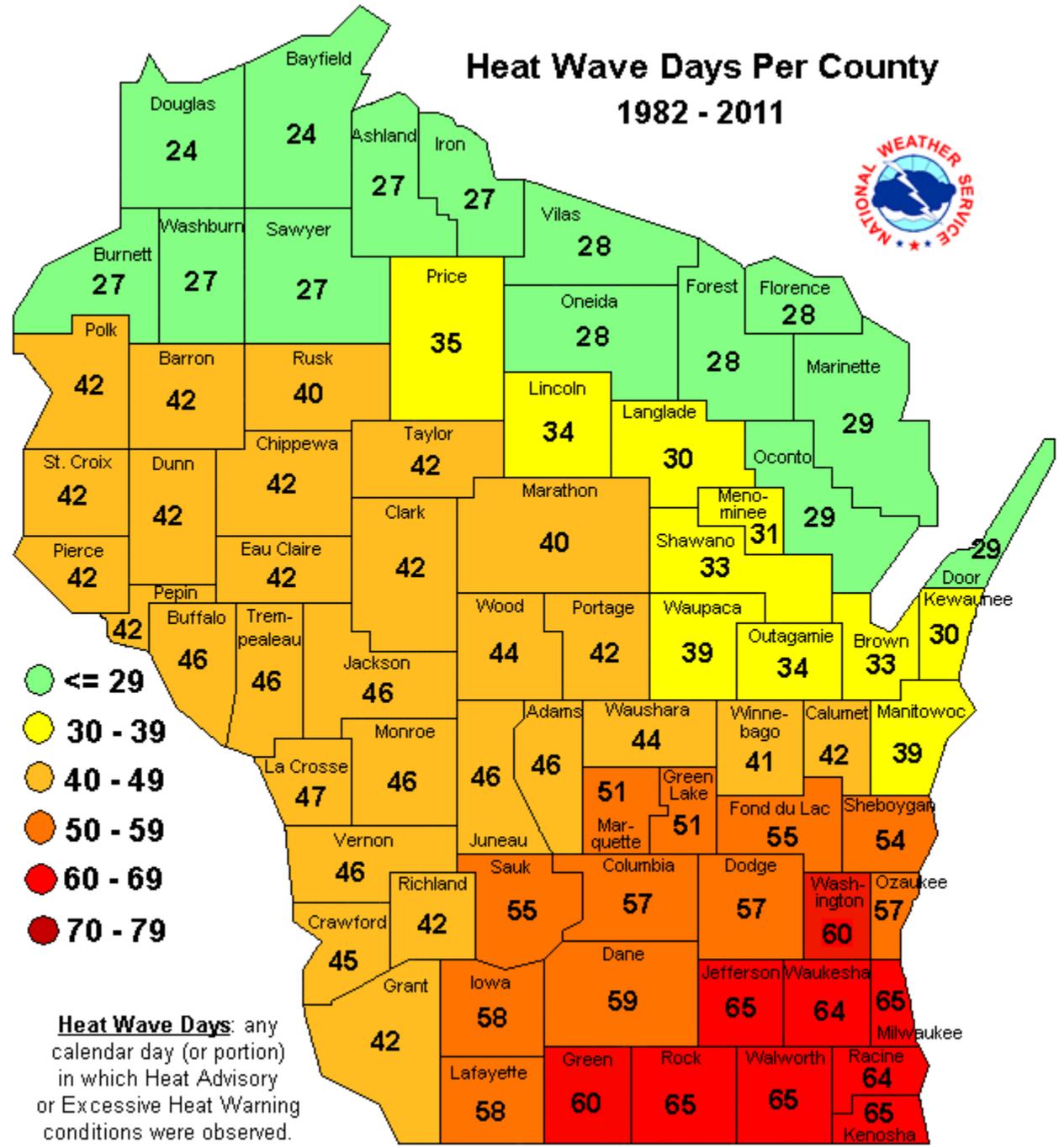


(Graphic Courtesy of General Motors and Golden Gate Weather Services)

Heat Wave Events Per County 1982 - 2011



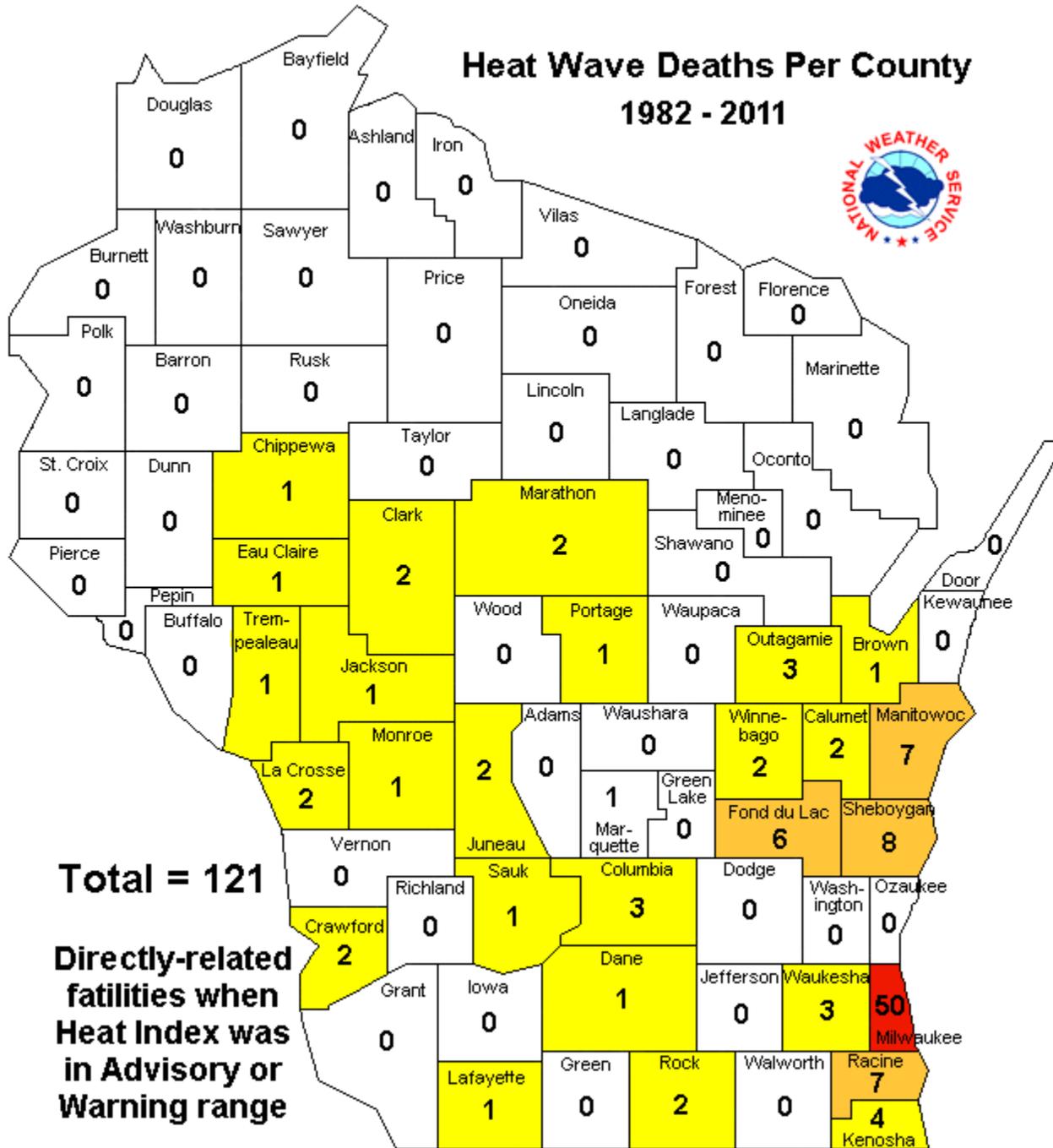
Heat Wave Days Per County 1982 - 2011



- <= 29
- 30 - 39
- 40 - 49
- 50 - 59
- 60 - 69
- 70 - 79

Heat Wave Days: any calendar day (or portion) in which Heat Advisory or Excessive Heat Warning conditions were observed.

Heat Wave Deaths Per County 1982 - 2011



Total = 121

Directly-related fatalities when Heat Index was in Advisory or Warning range