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***For Immediate Release***

June 1, 2020

## **Wisconsin Heat Awareness Day is June 3**

MADISON, Wis. – The arrival of June means people across Wisconsin can expect hotter temperatures across the state in the months ahead. To help encourage everyone to be prepared, Gov. Tony Evers has declared this Wednesday, June 3 Heat Awareness Day in Wisconsin.

“While the warmer weather is great for spending time outdoors, the heat can turn dangerous quickly if you’re not ready,” said Dr. Darrell L. Williams, Wisconsin Emergency Management administrator. “That’s why it is so important for everyone to be able to recognize the signs of heat-related illness and what they can do to remain safe when temperatures climb.”

In 2019, 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 17 people have died in Wisconsin and thousands of residents have fallen ill or been hospitalized due to heat-related conditions.

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.

Many victims of heat-related illnesses are elderly or have mobility issues. In light of the current COVID-19 pandemic, it’s especially important to make sure those who are socially isolated are remaining safe when temperatures climb.

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. 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.

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

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

| Year of Death | # Fatalities |
|---------------|--------------|
| 2015          | 2            |
| 2016          | 3            |
| 2017          | 2            |
| 2018          | 5            |
| 2019          | 5            |

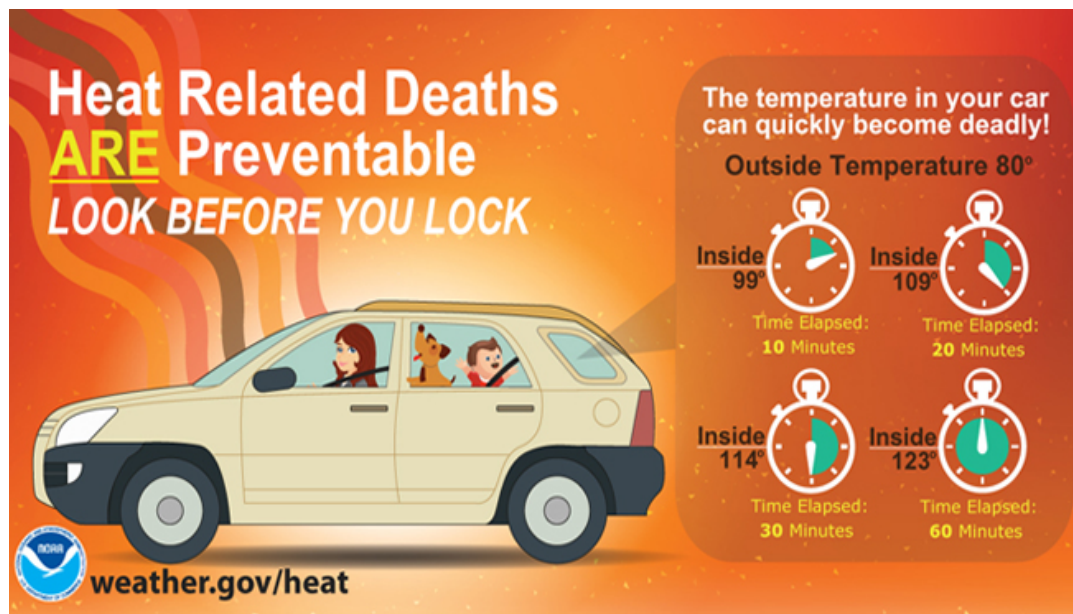
\* Death data from the year 2019 is not yet finalized. The heat-related fatality number for that year is considered preliminary. (Source: Wisconsin Department of Health Services)

\*\*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.

### **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***

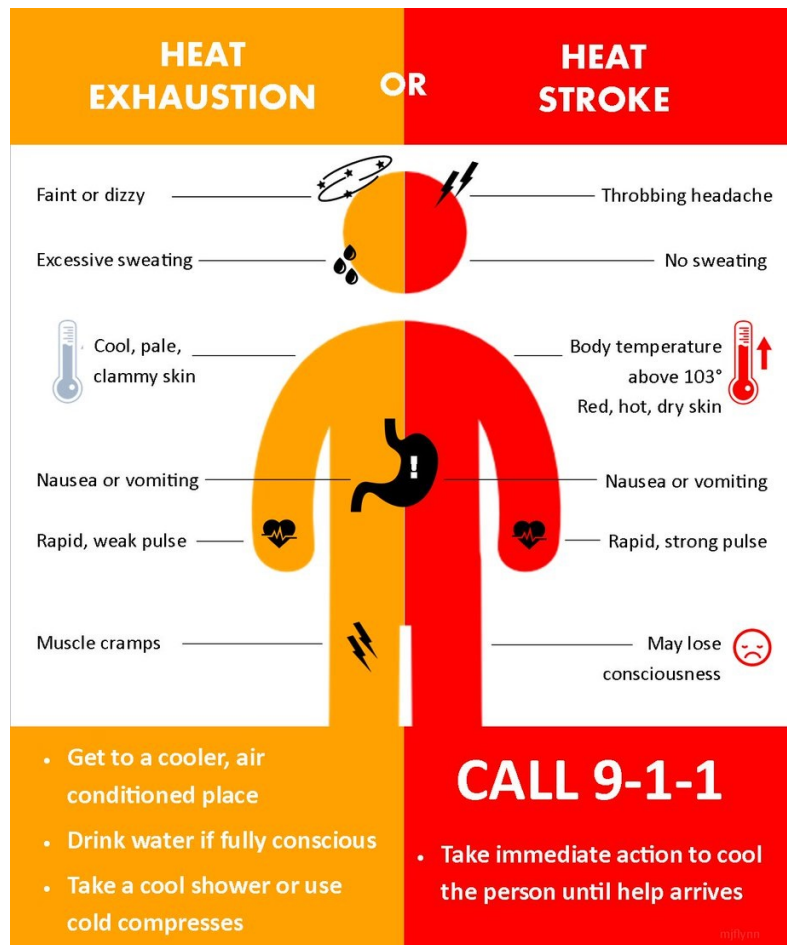
- Call 911 immediately — **this is a medical emergency.**
- Move the person to a cooler environment.
- Reduce the person's body temperature with cool cloths or even a bath.
- Do **NOT** give fluids.

### **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>





### **National Weather Service (NWS) Heat Wave Program in Wisconsin**

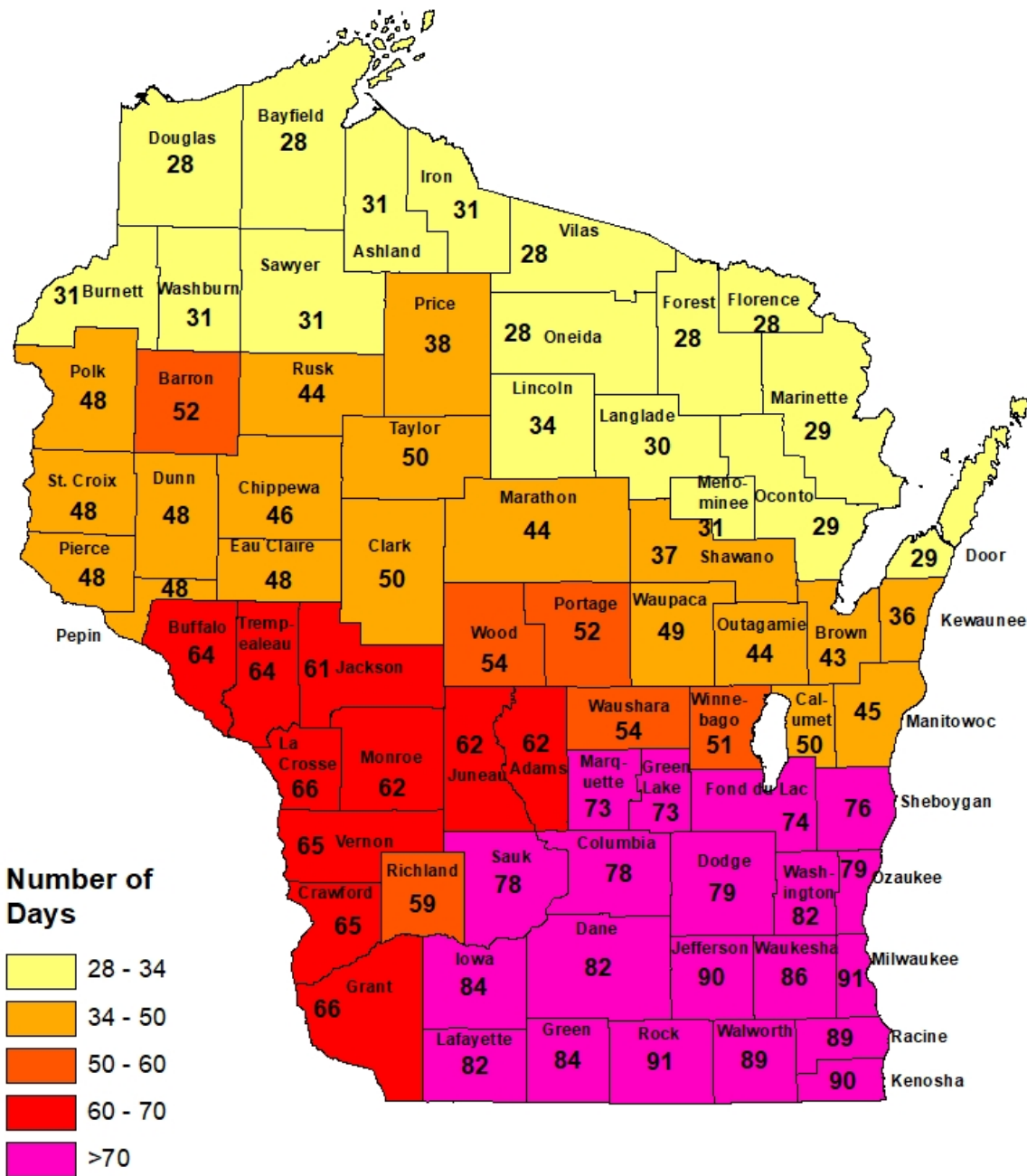
1. **Outlook Statement** – Issued daily to highlight potential hazardous weather in the next 1 to 7 days. Periods when Heat Index will equal or exceed 95 are mentioned (could lead to Heat Advisory or Excessive Heat Warning conditions). These are issued as a Hazardous Weather Outlook (HWO), broadcast 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.

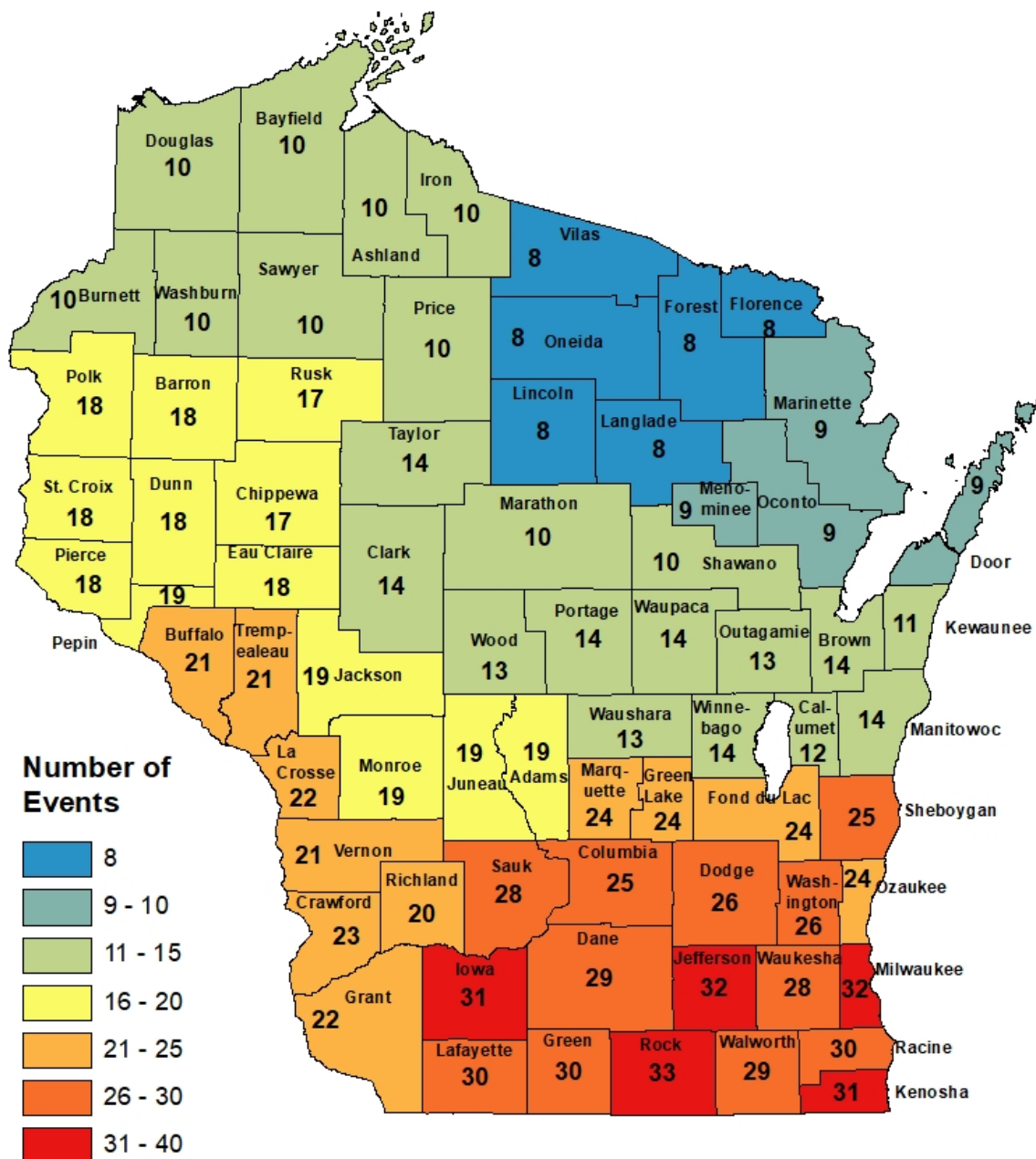
For additional information about heat awareness, contact your local public health department, county emergency management director or the National Weather Service.





# Wisconsin Heat Wave Days 1982 - 2019

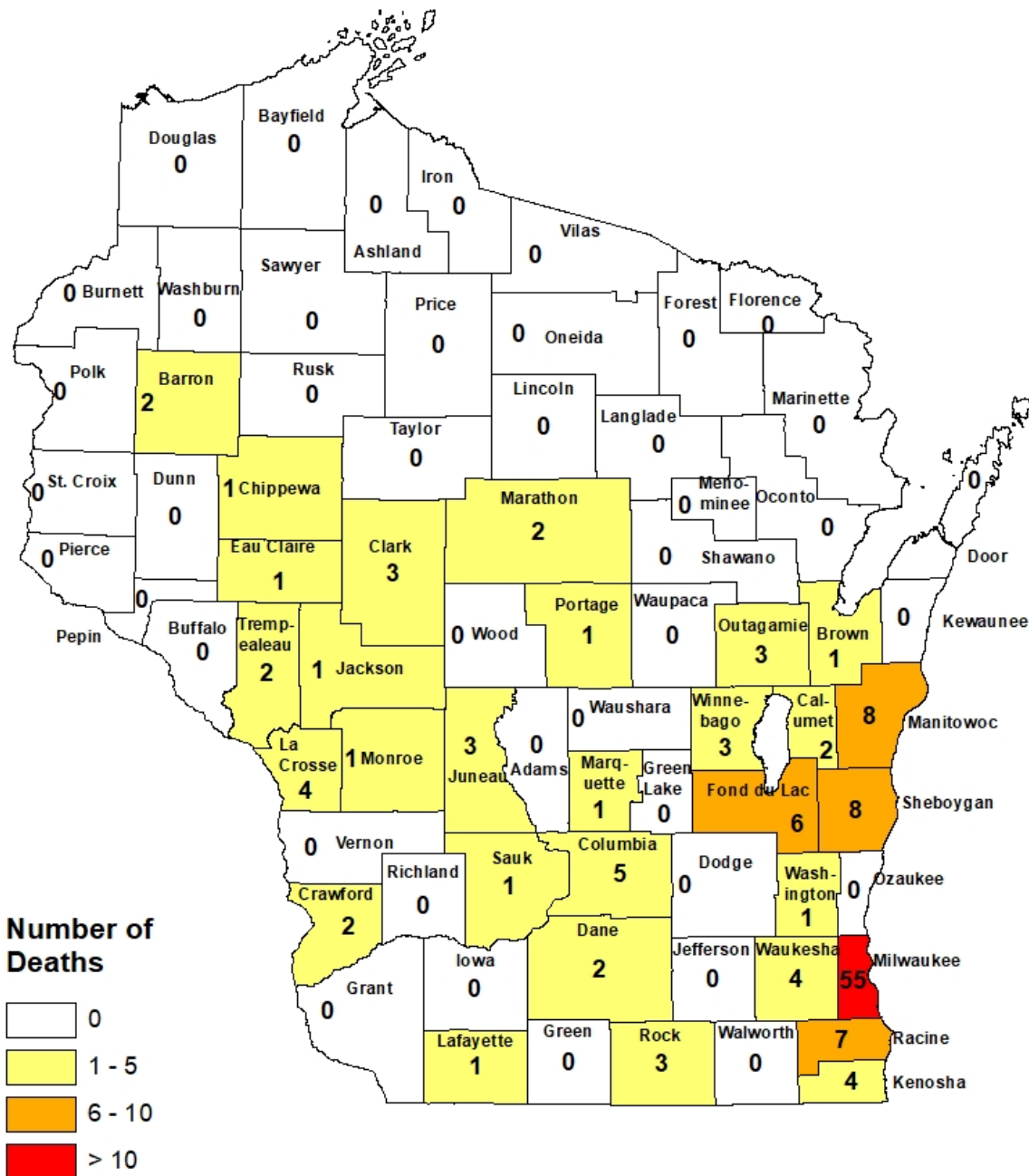


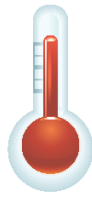






# Wisconsin Heat Wave Deaths 1982 - 2019





# BEAT THE HEAT: Extreme Heat

Heat related deaths are preventable

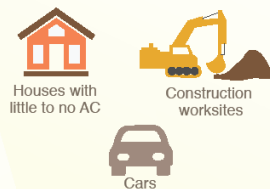
## WHAT:

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:



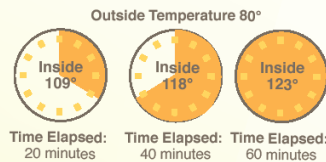
## WHERE:



## HOW to AVOID:



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



## HEAT ALERTS: Know the difference.

### HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

### HEAT WATCHES

Excessive heat event in 12 to 48 hours

### HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

## 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

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