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## **Heat Awareness Day in Wisconsin is June 2**

MADISON, Wis. – When temperatures climb, it’s important to take steps to protect yourself and those around you from the heat. To help encourage everyone to be prepared, Gov. Tony Evers has declared this Wednesday, June 2 Heat Awareness Day in Wisconsin.

“Staying safe during period of hot weather should be a top priority for everyone in the state,” advised Dr. Darrell L. Williams, Wisconsin Emergency Management administrator. “During Heat Awareness Day, I encourage people to learn how to recognize the signs of heat-related illnesses and how to react.”

Preliminary data from the Wisconsin Department of Health Services shows seven people died in Wisconsin last year during the summer months due to heat-related causes, while thousands of people fall ill or are hospitalized in the state each year.

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.

“It’s important to make sure those who are socially isolated remain safe when temperatures climb,” Williams said. “Check in with elderly neighbors or those who have special medical needs to ensure they are safe.”

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. 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.

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 proclamation is available at [https://readywisconsin.wi.gov/wp-content/uploads/2021\\_Proclamation\\_Heat\\_Awareness\\_Day.pdf](https://readywisconsin.wi.gov/wp-content/uploads/2021_Proclamation_Heat_Awareness_Day.pdf).

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)).

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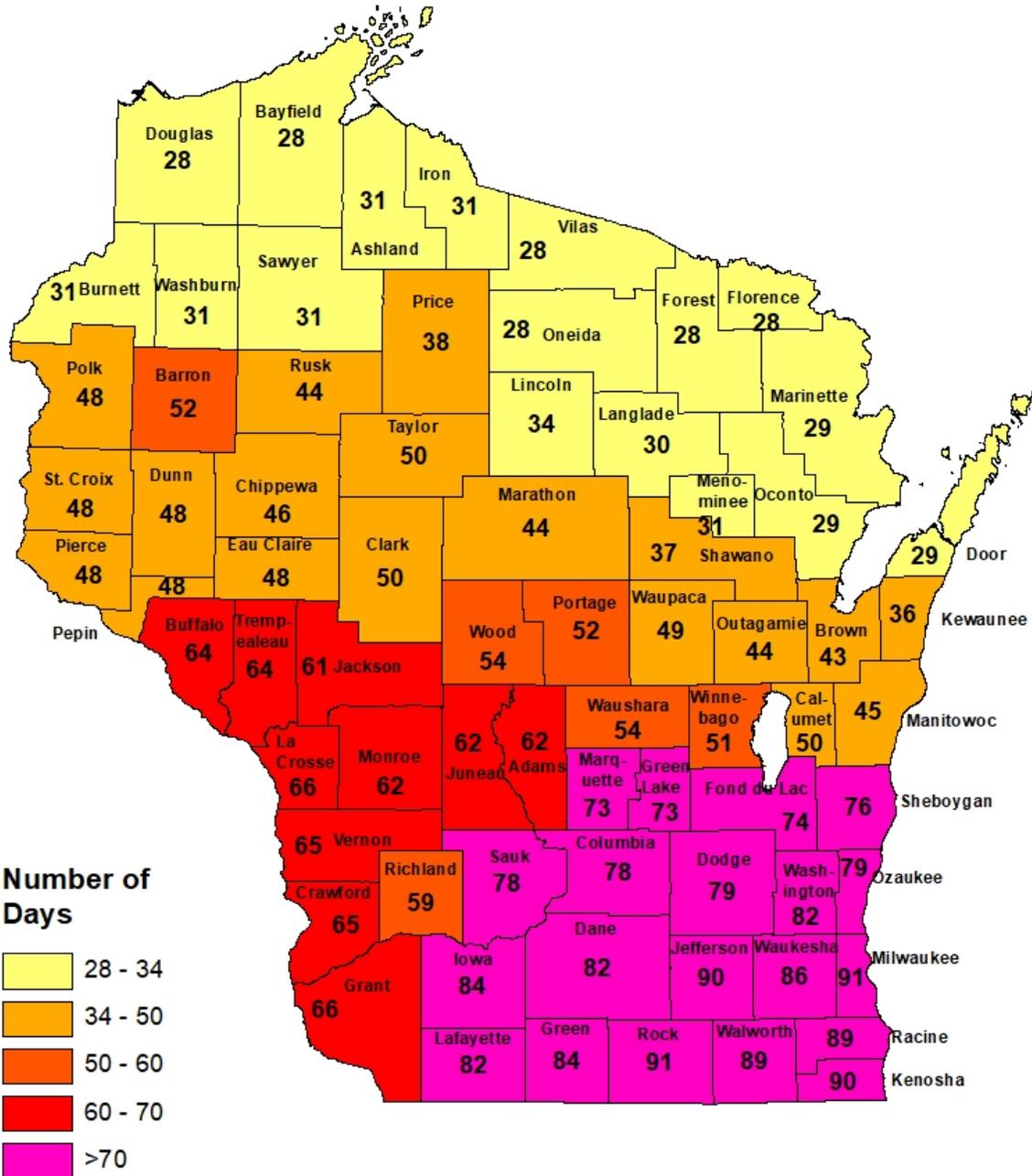
### **National Weather Service (NWS) Heat Wave Program in Wisconsin**

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



# Wisconsin Heat Wave Days 1982 - 2020





## **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.

### **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>