



**STATE OF WISCONSIN**  
**DEPARTMENT OF MILITARY AFFAIRS**  
**DIVISION OF EMERGENCY MANAGEMENT**

Jim Doyle  
Governor

*For Immediate Release*

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### **Wisconsin's Heat Awareness Day – June 10, 2010**

(MADISON) Gov. Jim Doyle has proclaimed June 10, 2010 as Heat Awareness Day in Wisconsin. The campaign is to remind people of the dangers associated with extreme heat and to encourage citizens to take protective safety measures.

In 1995, two major killer heat waves affected most of Wisconsin, resulting in 154 heat-related deaths and over 300 heat-related illnesses. Summer heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years, far exceeding tornadoes and severe storms.

To encourage citizens to be prepared for severe heat, Wisconsin Emergency Management (WEM) and the National Weather Service offer these 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.
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 to 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!

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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. **Infants should drink breast milk or formula** to get the right balance of water, salts and energy. You may supplement your infant's fluids with an additional 4 to 8 ounces of water per day, but don't dilute formula beyond what the instructions say (unless instructed by your doctor).

Easy ways to beat the heat include a cool (but not cold) bath or shower, which actually works 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

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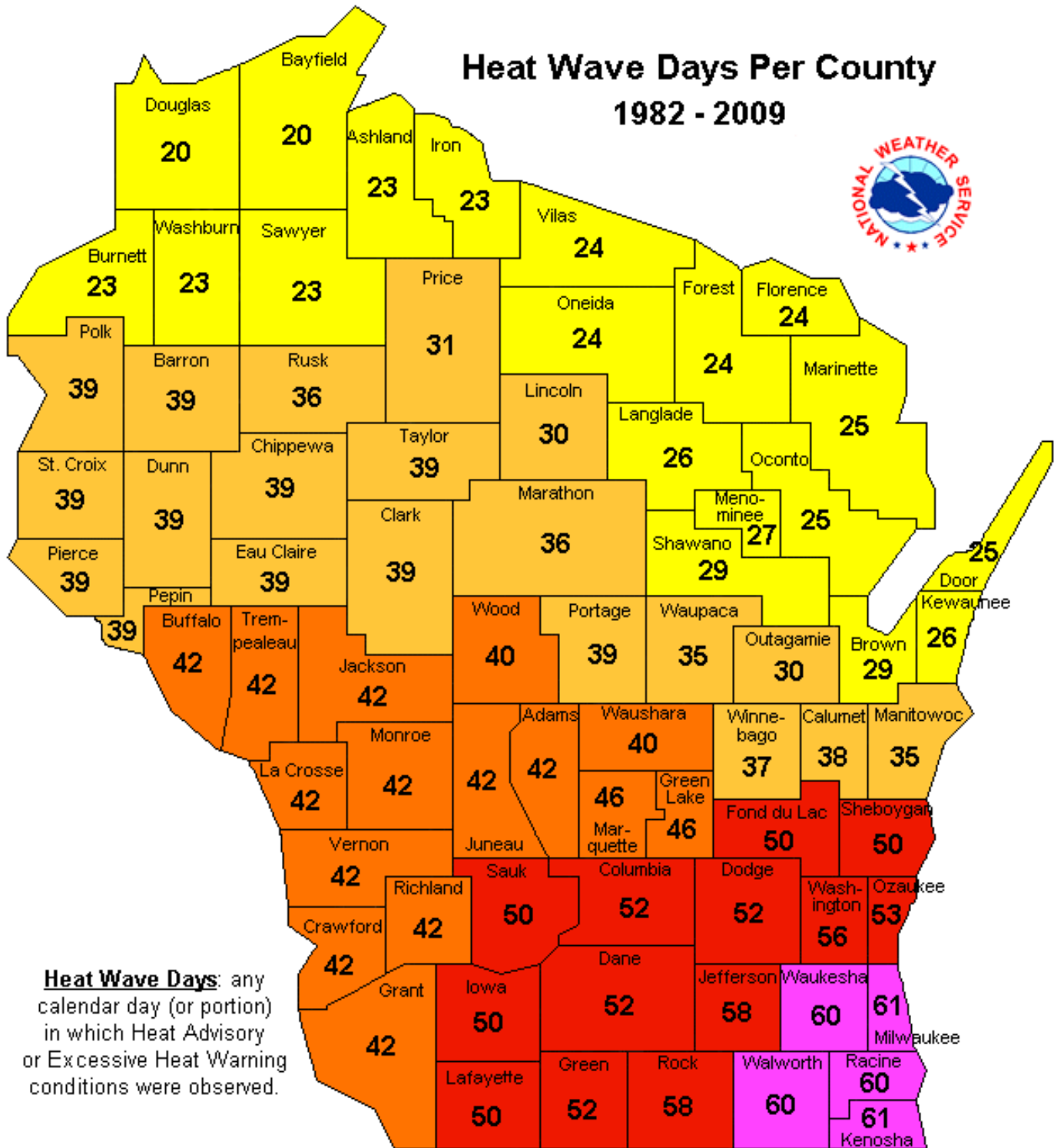
## **National Weather Service Heat Wave Program in Wisconsin**

1. **Outlook Statement** – Issued 2 to 7 days in advance of when Heat Advisory or Excessive Heat Warning conditions are anticipated. Issued as a Hazardous Weather Outlook (HWO). Broadcasted 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 24 hours in advance of any 24-hour period in which daytime heat index (HI) values of 100 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.
3. **Excessive Heat Watch** – Issued generally 12 to 48 hours in advance of any 24-hour period in which daytime heat index (HI) values are expected to be 105 or higher and nighttime HI values will be 75 or higher.
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 or higher and nighttime HI values will be 75 or higher.

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

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# Heat Wave Days Per County 1982 - 2009



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

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