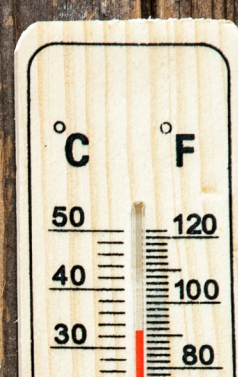


PROTECTING YOUR FAMILY FROM EXTREME HEAT



Stay healthy in extreme heat with these simple steps!

THE HEAT AND HEALTH CONNECTION

Although Wisconsin is not generally considered a “hot climate” location, extreme heat events happen!

Extreme heat can negatively impact your health by worsening asthma or causing heat stress.

While heat-related illnesses among babies and older adults are typically most severe, we see the most ER visits among people ages 15-34.

WAYS TO PROTECT YOURSELF

- **Be on the lookout for symptoms.** If you start feeling overheated, weak, dizzy, nauseous, or have muscle cramps, you could be experiencing heat illness. If your symptoms don't improve, see your doctor or call 911.
- **Beware of hot cars.** Never leave a child, person with a disability, elderly persons, or pets in a parked car, even for a short time. On an 80°F day, the temperature inside a car can reach 100°F in less than 10 minutes.
- **Check on your neighbors and loved ones.** In an extreme heat event, check to make sure that your neighbors and loved ones are okay, and look for signs of heat-related illness, especially if the person is elderly or lives alone.
- **Avoid the hottest part of the day.** If you have to be outside, stick to the cooler morning and evening hours. Wear light, loose clothing and take frequent, air-conditioned breaks.
- **Stay informed.** Watch your local weather forecasts so you can plan outdoor activities safely.

TIPS FOR STAYING COOL

Stay in air conditioning.



Pro tip: When possible, stay in air conditioning on hot days. If you don't have air conditioning, head to libraries, malls, and other public spaces to keep cool.

Take a cool shower.



Pro tip: Cool showers and baths reduce your body temperature faster than an air conditioner.

Drink plenty of water.



Pro tip: Drink plenty of water throughout the day. Avoid alcohol and hot, heavy meals.

For more tips, view the full toolkit at:

WWW.DHS.WISCONSIN.GOV/CLIMATE

WISCONSIN CLIMATE AND HEALTH PROGRAM
Bureau of Environmental and Occupational Health

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