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DEPARTMENT OF MILITARY AFFAIRS
DIVISION OF EMERGENCY MANAGEMENT

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Wisconsin Heat Awareness Day
June 12, 2014

(MADISON) – Heat can kill. That's why Wisconsin Emergency Management, the Wisconsin Department of Health Services and the National Weather Service are reminding people of the dangers associated with extreme heat and to promote community safety and health.

In 2013, Wisconsin had 11 confirmed heat related deaths. Many of those victims were socially isolated maintaining little contact with family and friends. This is why it is vitally important to check in on family, friends, and neighbors during extreme heat, especially those who are particularly vulnerable, like families with very young children, the elderly, and people who are on medications that could make them more susceptible to injury from extreme heat.

In 2012, Wisconsin had confirmed 24 heat related deaths, most occurred during five days of Excessive Heat Warnings from July 2-6. The heat index rose to 105 F degrees for 48 hours with night time lows of 75 F. It was the second hottest and third longest heat wave in Wisconsin. None of the victims had air conditioning and they did not seek shelter at one of the many cooling centers which opened around the state.

In 2011, excessive heat claimed five lives and injured more than 100 people in Wisconsin during the July 17-21 heat wave. Once again none of those victims had air conditioning. The combination of the warm temperatures and high humidity caused the heat index to rise between 100 F and 117 F degrees.

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, severe storms and floods combined. Heat is the number one weather-related killer in the United States. 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 socially isolated and don't know when or how to cool off – or when to call for help

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**. 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 you should 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.

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.

SIGNS AND 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

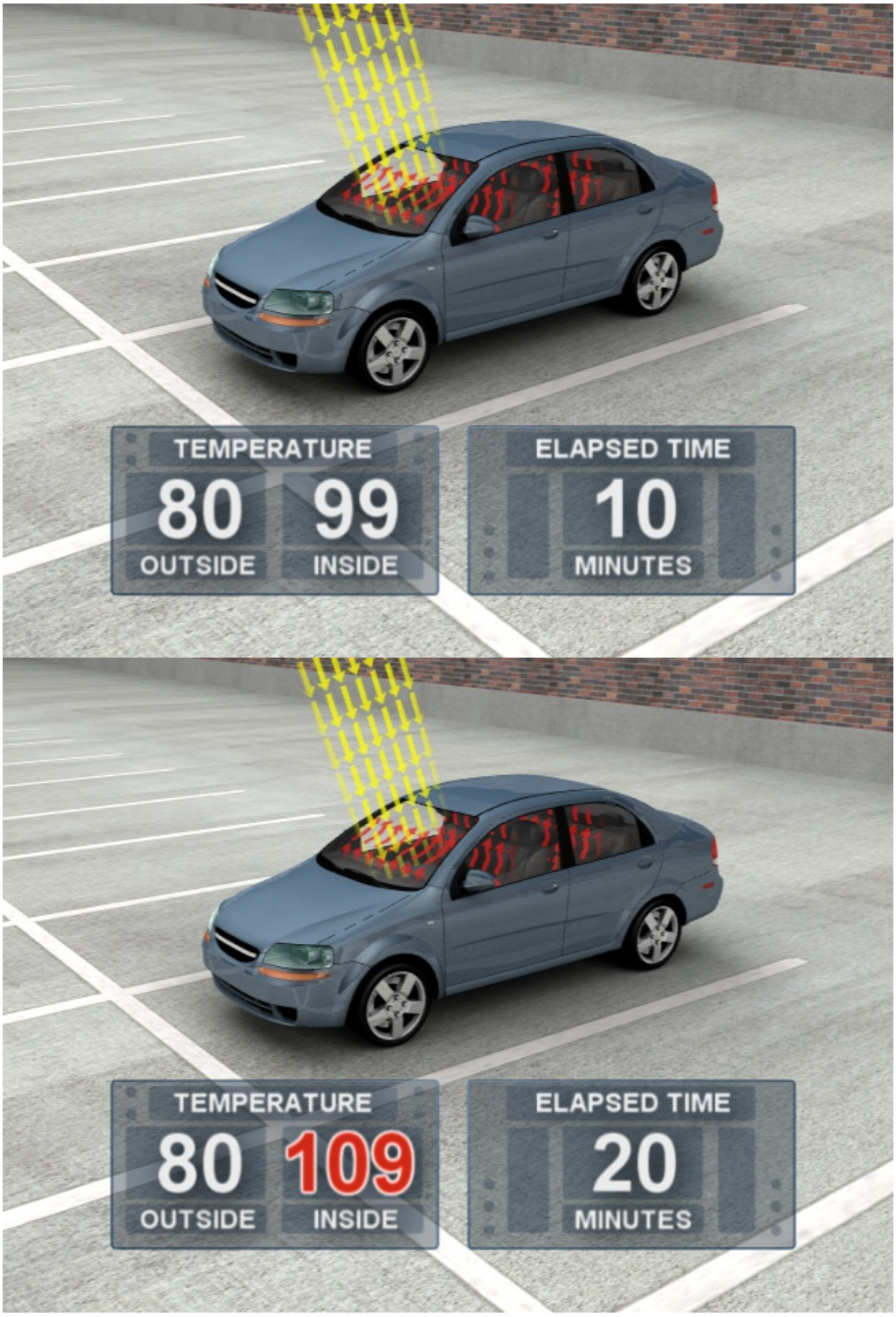
1. **Outlook Statement** – Issued daily to highlight potential hazardous weather in the next 1 to 7 days. Periods when Heat Index will equal or exceed 95 are mentioned (could lead to Heat Advisory or Excessive Heat Warning conditions). Issued as a Hazardous Weather Outlook (HWO). Broadcasted on NOAA Weather Radio All Hazards, and posted on NWS web sites (www.weather.gov).

2. **Heat Advisory** – Issued 6 to 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 in advance of 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.



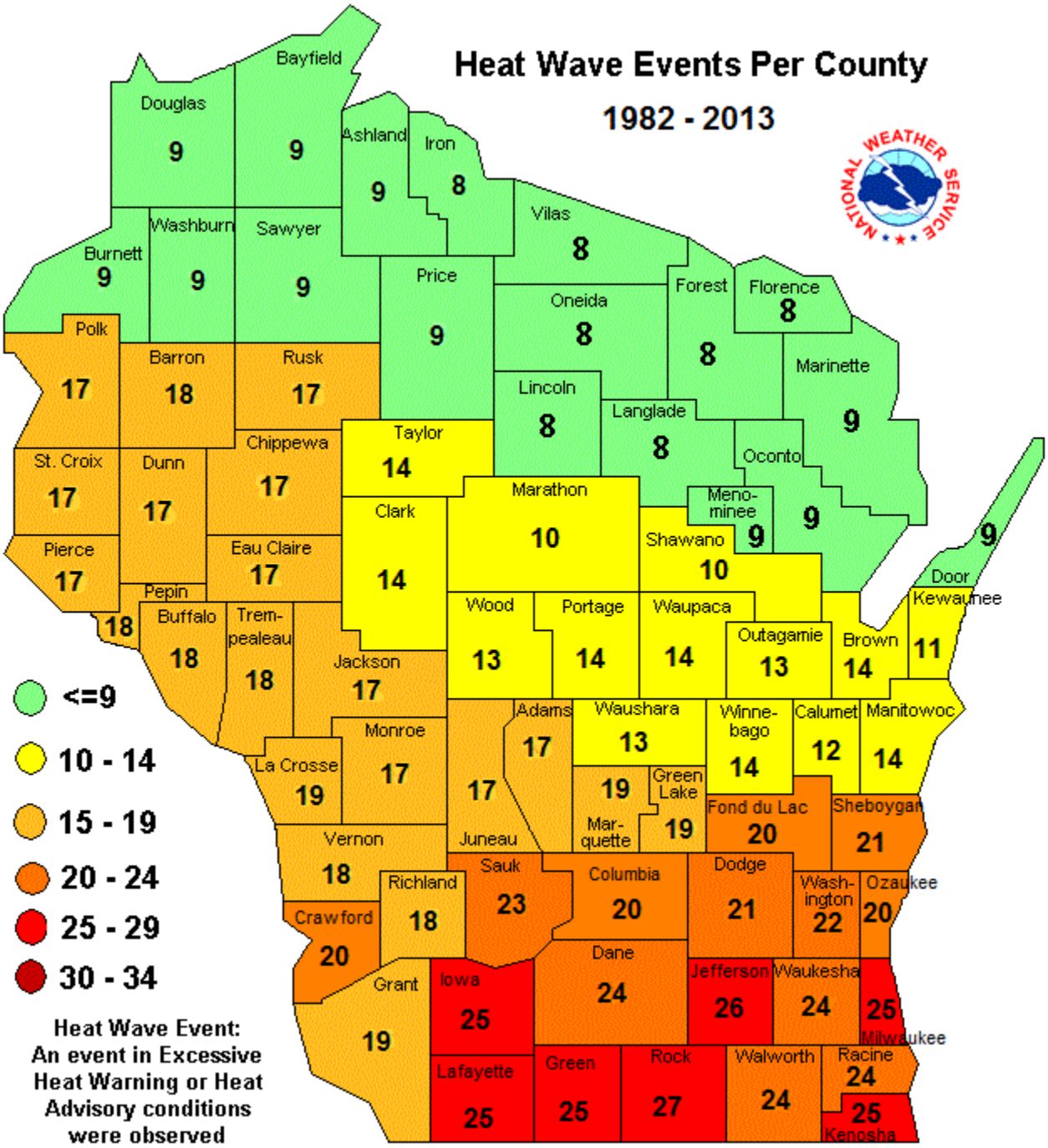
(Graphic Courtesy of General Motors and Golden Gate Weather Services)

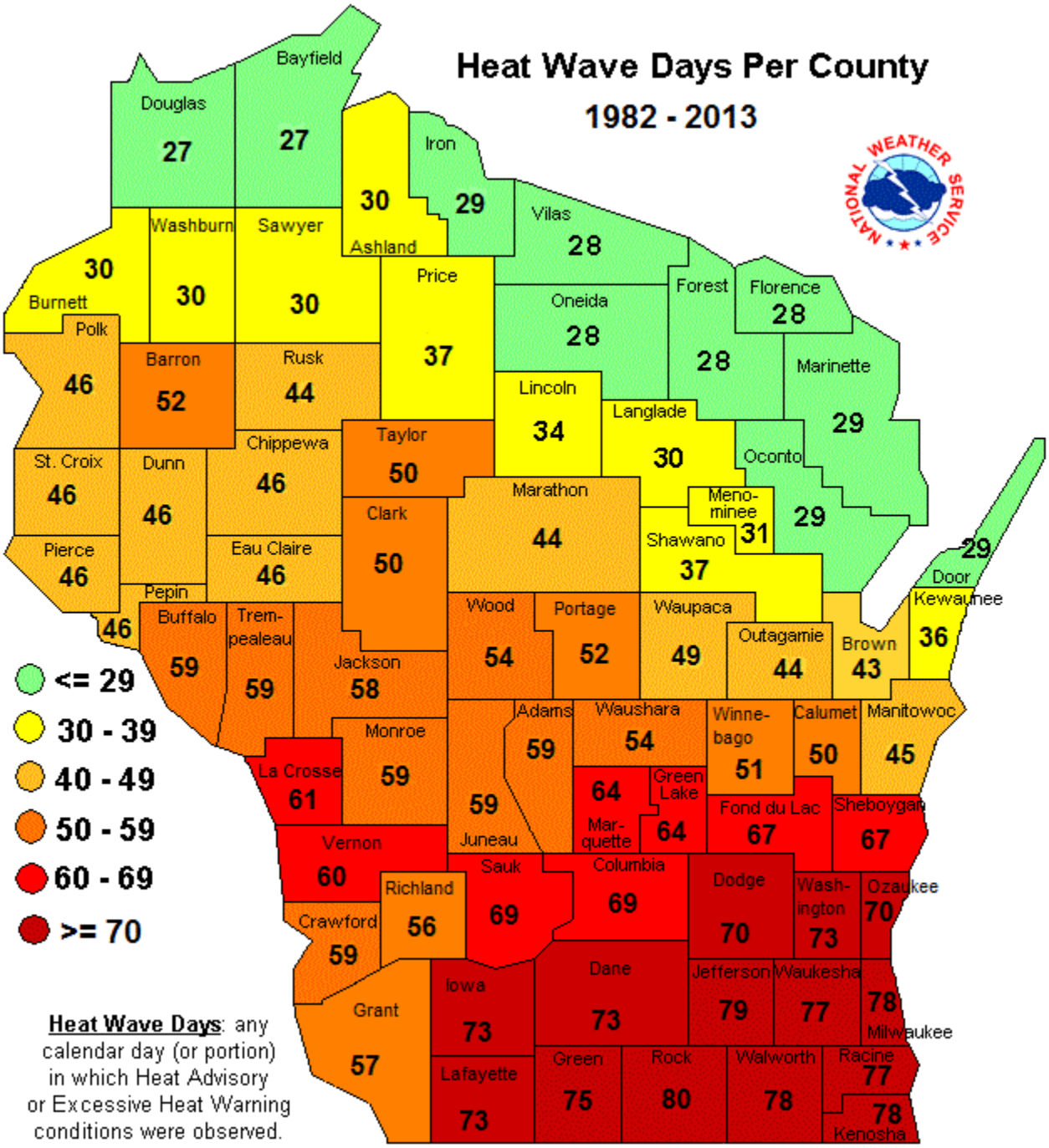
Wisconsin Heat-Related (Direct and Indirect) Fatalities

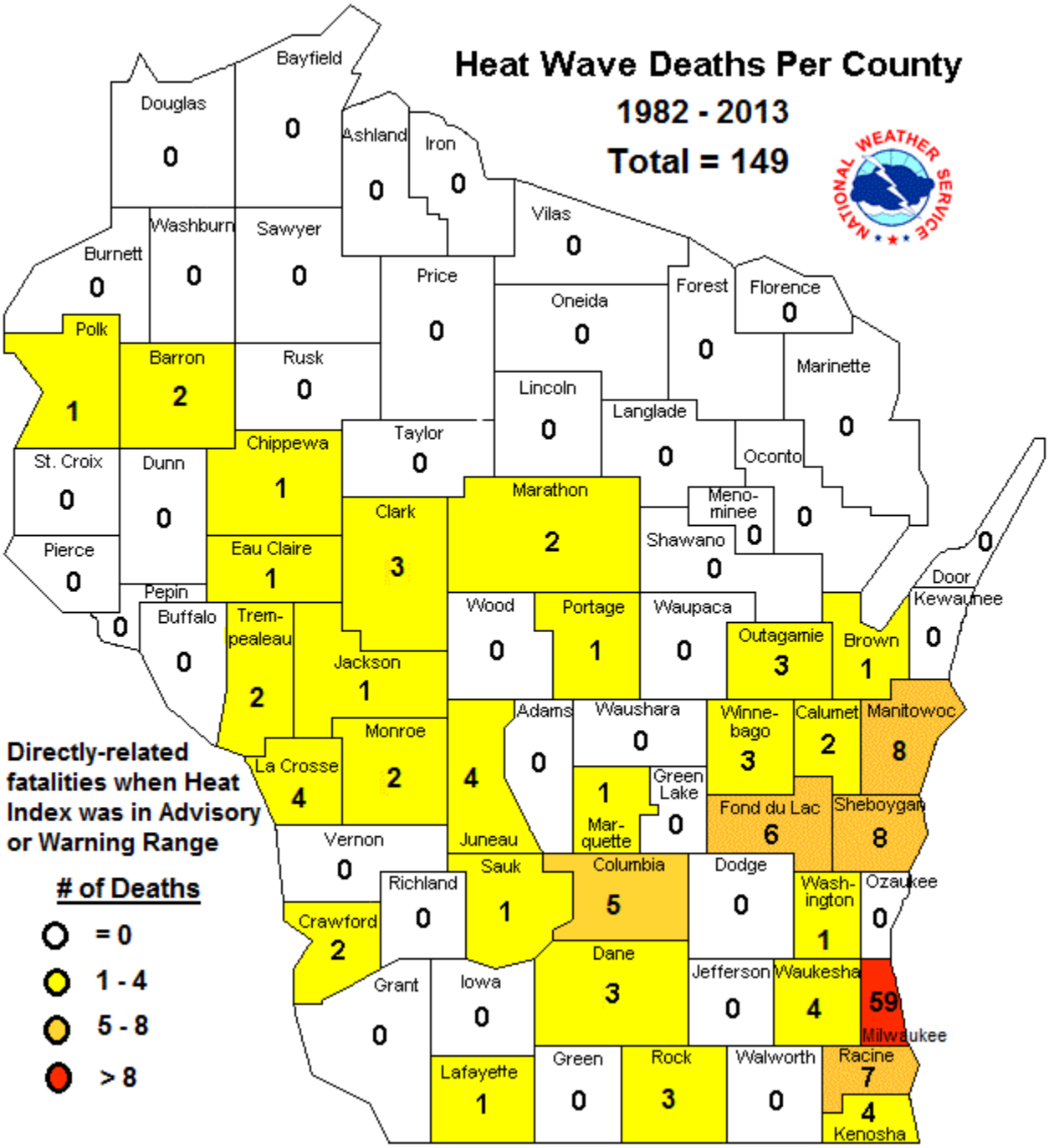
Year of Death	# Fatalities
2000	1
2001	24
2002	8
2003	9
2004	4
2005	12
2006	10
2007	5
2008	1
2009	8
2010	9
2011	5
2012	24
2013	11

(From Wisconsin Department of Health Services)

Note: Numbers in table are totals of directly and indirectly-related heat fatalities. If heat was the primary cause of death it is a directly-related heat death. If heat was a secondary or contributing cause of death it is an indirectly-related heat death.


Heat Wave Events Per County
1982 - 2013
NATIONAL WEATHER SERVICE
Douglas 9
Bayfield 9
Ashland 9
Iron 8
Vilas 8
Burnett 9
Washburn 9
Sawyer 9
Price 9
Oneida 8
Forest 8
Florence 8
Polk 17
Barron 18
Rusk 17
Marinette 9
Lincoln 8
Langlade 8
Oconto 9
St. Croix 17
Dunn 17
Chippewa 17
Taylor 14
Marathon 10
Meno-minee 9
Shawano 10
Door 9
Pierce 17
Pepin 18
Eau Claire 17
Clark 14
Wood 13
Portage 14
Waupaca 14
Outagamie 13
Brown 14
Kewaunee 11
Buffalo 18
Trem-pealeau 18
Jackson 17
Monroe 17
La Crosse 19
Adams 17
Waushara 13
Winne-bago 14
Calumet 12
Manitowoc 14
Juneau 17
Mar-quette 19
Green Lake 19
Fond du Lac 20
Sheboygan 21
Vernon 18
Richland 18
Sauk 23
Columbia 20
Dodge 21
Wash-ington 22
Ozaukee 20
Crawford 20
Grant 19
Iowa 25
Dane 24
Jefferson 26
Waukesha 24
Milwaukee 25
Lafayette 25
Green 25
Rock 27
Walworth 24
Racine 24
Kenosha 25
<=9
10 - 14
15 - 19
20 - 24
25 - 29
30 - 34
Heat Wave Event:
An event in Excessive Heat Warning or Heat Advisory conditions were observed


Heat Wave Days Per County
1982 - 2013
NATIONAL WEATHER SERVICE
Douglas 27
Bayfield 27
Iron 29
Ashland 30
Burnett 30
Washburn 30
Sawyer 30
Price 37
Vilas 28
Oneida 28
Forest 28
Florence 28
Marinette 29
Polk 46
Barron 52
Rusk 44
Taylor 50
Lincoln 34
Langlade 30
Oconto 29
St. Croix 46
Dunn 46
Chippewa 46
Clark 50
Marathon 44
Meno-minee 31
Shawano 37
Door 29
Pierce 46
Pepin 46
Eau Claire 46
Kewaunee 36
Buffalo 59
Trem-pealeau 59
Jackson 58
Wood 54
Portage 52
Waupaca 49
Outagamie 44
Brown 43
Monroe 59
Adams 59
Waushara 54
Winne-bago 51
Calumet 50
Manitowoc 45
La Crosse 61
Juneau 59
Green Lake 64
Mar-quette 64
Fond du Lac 67
Sheboygan 67
Vernon 60
Richland 56
Sauk 69
Columbia 69
Dodge 70
Wash-ington 73
Ozaukee 70
Crawford 59
Grant 57
Iowa 73
Dane 73
Jefferson 79
Waukesha 77
Milwaukee 78
Lafayette 73
Green 75
Rock 80
Walworth 78
Racine 77
Kenosha 78
<= 29
30 - 39
40 - 49
50 - 59
60 - 69
>= 70
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 - 2013
Total = 149
NATIONAL WEATHER SERVICE
Douglas 0
Bayfield 0
Ashland 0
Iron 0
Vilas 0
Burnett 0
Washburn 0
Sawyer 0
Price 0
Oneida 0
Forest 0
Florence 0
Polk 1
Barron 2
Rusk 0
Marinette 0
Lincoln 0
Langlade 0
Oconto 0
St. Croix 0
Dunn 0
Chippewa 1
Taylor 0
Marathon 2
Meno-minee 0
Shawano 0
Pierce 0
Pepin 0
Eau Claire 1
Clark 3
Door 0
Kewaunee 0
Buffalo 0
Trem-pealeau 2
Jackson 1
Wood 0
Portage 1
Waupaca 0
Outagamie 3
Brown 1
Monroe 2
La Crosse 4
Juneau 4
Adams 0
Waushara 0
Winne-bago 3
Calumet 2
Manitowoc 8
Green Lake 0
Mar-quette 1
Fond du Lac 6
Sheboygan 8
Vernon 0
Richland 0
Sauk 1
Columbia 5
Dodge 0
Wash-ington 1
Ozaukee 0
Crawford 2
Grant 0
Iowa 0
Dane 3
Jefferson 0
Waukesha 4
Milwaukee 59
Lafayette 1
Green 0
Rock 3
Walworth 0
Racine 7
Kenosha 4
Directly-related fatalities when Heat Index was in Advisory or Warning Range
# of Deaths
= 0
1 - 4
5 - 8
> 8

#End#