

# Keeping Your Cool, When Temperatures Rise.

When extreme heat hits, be prepared!



## Extreme Heat is Dangerous



- Globally, 2015 was the hottest year on record.
- From 2010-2013, Wisconsin had over 4,200 emergency room visits because of extreme heat. That's enough people to fill nearly 10 jumbo jets!
- Babies, small children, and people who work outside, live alone, live without air conditioning, or have long-term heart or lung problems are at highest risk for getting sick from extreme heat.
- Never leave children, pets, or other adults in a parked car.

## These 4 Tips Can Help You Keep Cool



- Drink lots of water.
- When exercising outdoors, do so in the morning or evening.
- Seek shelter in air conditioned places such as public buildings or your local library.
- Keep your living area cool by using window blinds and limiting the use of the oven or stove.

## Take Action If You Overheat



- Get cool immediately if you feel dizzy, a headache, muscle cramps, weakness, or nausea and vomiting.
- Call 911 if someone has hot, dry skin, is confused, experiences chest pain, has shortness of breath, or passes out.

Prevent injury from extreme heat!  
Find more tips in our toolkit at:  
<http://bit.ly/WIExtremeHeat>



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