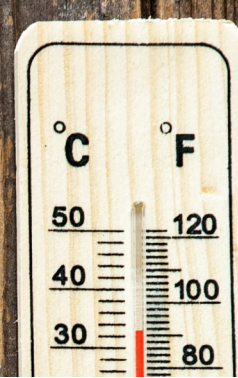


# PROTECTING YOUR FAMILY FROM EXTREME HEAT



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.

Take these important steps to protect your health and that of your family in times of extreme heat.

## 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.** In an extreme heat event, check to make sure your neighbors are okay, and look for signs of heat-related illness, especially if the person is elderly or lives alone.

## TIPS FOR STAYING COOL

Go to a cooling shelter.



Pro tip: Libraries, malls, and places of worship are spaces that can serve as a cooling center. Call 211 to find the cooling center near you.

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](http://WWW.DHS.WISCONSIN.GOV/CLIMATE)

WISCONSIN CLIMATE AND HEALTH PROGRAM  
Bureau of Environmental and Occupational Health

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