



June 14, 2022

Ald. Milele A. Coggs
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Ald. Coggs encourages residents to take steps to stay cool amid heat advisory

In support of residents dealing with a Heat Health Advisory for Tuesday, June 14 and Wednesday, June 15, **Alderwoman Milele A. Coggs** is launching Operation Stay Cool. As part of the effort Alderwoman Coggs will be placing coolers of cold water and stay cool flyers containing tips to deal with the heat advisory at several 6th District senior living facilities. Additionally, the Alderwoman is encouraging residents to share helpful tips and check in on friends, family members and neighbors who may need assistance.

The Milwaukee Health Department is also encouraging residents to take the following precautions:

Stay Cool

- Slow down. Limit physical activity, and try to spend part of your day in air-conditioned spaces such as shopping malls, movie theaters, or libraries.
- Never leave children or pets in a parked car. Temperatures can become life-threatening within minutes.
- Wear lightweight, loose-fitting, light-colored clothing.
- Take cool baths or showers and use wet towels on your skin to help you cool down.
- Do not rely on fans as a primary cooling device.
- Check in on those most-at-risk twice a day.

Stay Hydrated

- Drink plenty of water throughout the day, regardless of thirst.
- Avoid consuming caffeinated or alcoholic beverages, as these can increase heat effects.
- Remind others to drink enough water.

-More-

Operation Stay Cool/ADD ONE

Stay Informed

- Check local news and weather reports for extreme heat alerts and safety tips.
- Be aware of symptoms of heat-related illness
 - Heat exhaustion symptoms include: heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting, or fainting
 - Heat stroke symptoms include: extremely high body temperature, hot and dry skin (no sweating), rapid pulse, throbbing headache, dizziness, nausea, confusion, or unconsciousness
- Check on relatives, friends, or neighbors, especially those most susceptible to heat-related illness, which includes the very young, the elderly, and those on certain medications (especially certain medications related to blood pressure, heart disease, and mental health)

Individuals in need of a public space to cool off can visit any of the cooling sites in the area.

A full list of cooling sites can be found at milwaukee.gov/Health/Cooling-Sites.