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City of Milwaukee Health Department Issues Heat Health Advisory
Residents advised to take precautions during hot weather conditions

MILWAUKEE – The City of Milwaukee Health Department (MHD) in conjunction with the National Weather Service (NWS) has issued a Heat Health Advisory for the city of Milwaukee. The NWS forecast indicates the heat index is expected to be between 95 and 100 through 7 p.m. Friday, July 19.

During extreme heat conditions, the MHD is advising citizens to take the following precautions as recommended by the Centers for Disease Control and Prevention to prevent heat-related illness:

Stay Cool

- Slow down, limit physical activity, and try to spend part of your day in an air-conditioned space
- 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

Stay Hydrated

- Drink plenty of water throughout the day regardless of thirst
- Avoid consuming caffeinated or alcoholic beverages, as these can increase heat effects

Stay Informed

- Check local news and weather reports for extreme heat alerts and safety tips
- Be aware of symptoms of heat-related illness such as dizziness, nausea, headache, or fainting
- Check on relatives, friends, or neighbors, especially those most susceptible to heat-related illness such as the elderly, children, and anyone with an underlying physical or mental health condition

The MHD will be enhancing surveillance for heat-related illness in the coming days, and working with Milwaukee Heat Task Force partners to address vulnerable population needs during this period.

Additional heat safety tips and information are available on the MHD website at www.milwaukee.gov/hotweathersafety.

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Think Health. Act Now!

