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FOR IMMEDIATE RELEASE

July 19, 2013

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Commissioner of Health Statement on Possible Heat-Related Deaths

The City of Milwaukee Health Department is saddened to learn today of three suspected deaths of city residents due to heat-related causes. While the investigation into each case is ongoing, we reinforce the message that the entire community must take care of each other.

During extreme heat conditions, we advise all citizens to take the following precautions, as recommended by the Centers for Disease Control and Prevention, to prevent heat-related illness or death:

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

The City of Milwaukee Health Department and our Heat Task Force partners will remain engaged and active for the duration of any heat event.

For more information on cool spots and heat safety tips, we urge you to visit www.milwaukee.gov/health.

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