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**FOR IMMEDIATE RELEASE**

June 13, 2013

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**City of Milwaukee Health Department Marks June 13 as Wisconsin Heat Awareness Day**  
*Public reminded to take precautions during extreme heat conditions*

MILWAUKEE – While an extended stretch of summer weather has yet to arrive in Milwaukee, the City of Milwaukee Health Department (MHD) is joining Wisconsin Heat Awareness Day to draw attention to the dangers associated with extreme heat each year.

“The message today is that heat can kill,” said Commissioner of Health Bevan K. Baker. “Unfortunately each year we see deaths related to heat events. Today, we are reminding all city residents to stay aware and stay prepared when it comes to hot temperatures.”

Heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years. In 2012, the State of Wisconsin Department of Health Services confirmed 24 heat-related deaths in the state.

When summer’s hot and humid weather does arrive, the MHD reminds citizens to take the following precautions recommended by the Centers for Disease Control and Prevention to avoid heat-related illness:

**Stay Cool**

- Slow down and limit physical activity, and try to spend part of your day in air-conditioned spaces
- Never leave children, persons with a disability, or pets in a parked car – as temperatures can become life threatening within minutes
- Wear lightweight, loose-fitting, light-colored clothing

**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 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
- Be aware of symptoms of heat-related illness
- Check local news and weather reports for extreme heat alerts and safety tips

In conditions of extreme heat, MHD encourages residents to seek out designated cool spots such as Milwaukee County Senior Centers and Milwaukee Public Libraries. For more information, visit [www.milwaukee.gov/health](http://www.milwaukee.gov/health).

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*Think Health. Act Now!*

