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FOR IMMEDIATE RELEASE

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City of Milwaukee Health Department Reminds Residents to Stay Safe in Hot Weather

Residents advised to stay cool, stay hydrated, and stay informed

MILWAUKEE – As high heat indices are predicted for Saturday, July 18, the City of Milwaukee Health Department (MHD) is reminding community members to exercise caution.

To prevent heat-related illness or death, the MHD advises citizens to take the following precautions recommended by the U.S. Centers for Disease Control and Prevention:

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

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, which includes the very young, the elderly, and those on certain medications (especially certain medications related to blood pressure, heart disease, and mental health).

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 at www.milwaukee.gov/hotweathersafety or <https://www.dhs.wisconsin.gov/climate/weather/heat.htm>.

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Think Health. Act Now!

