



Tom Barrett  
Mayor

Bevan K. Baker, FACHE  
Commissioner of Health

## Health Department

[www.milwaukee.gov/health](http://www.milwaukee.gov/health)

Frank P. Zeidler Municipal Building, 841 North Broadway, 3rd Floor, Milwaukee, WI 53202-3653 phone (414) 286-3521 fax (414) 286-5990

### FOR IMMEDIATE RELEASE

June 11, 2015

Contact: Sarah DeRoo  
Office (414) 286-3548  
Cell (414) 708-4060

## City of Milwaukee Health Department Marks Wisconsin Heat Awareness Day

*Public reminded to take precautions during extreme heat conditions*

MILWAUKEE – As summer-like weather is set to return 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. Heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years.

“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.”

“But even when we are not experiencing extreme temperatures, there are precautions to take such as never leaving children, persons with a disability or pets in a parked car,” added Commissioner of Health Bevan K. Baker. “Even on an 80-degree day, temperatures inside a car can become life-threatening within minutes.”

The MHD reminds citizens to take the following precautions recommended by the U.S. 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
- 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, which can be found online and by following Ready Wisconsin on Facebook and Twitter.

For more information, visit [www.milwaukee.gov/health](http://www.milwaukee.gov/health).

###

*Think Health. Act Now!*

