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City of Milwaukee Health Department Issues Excessive Heat Health Watch

Residents advised to take precautions during hot weather conditions

MILWAUKEE – The National Weather Service has issued an Excessive Heat Watch beginning Thursday and ending Friday. In conjunction with this Watch, the City of Milwaukee Health Department (MHD) has issued an Excessive Heat Health Watch.

The forecast indicates a maximum heat index value of 100 to 110 Thursday and 95 to 103 Friday, creating potentially deadly conditions, especially for those most susceptible to heat-related illness such as the elderly, very young, and those with chronic underlying conditions such as diabetes, cardiovascular, respiratory, or mental health illness.

During extreme heat conditions, the MHD advises citizens take the following precautions:

Stay Cool

- Slow down. limit physical activity, and try to spend part of the 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
- Watch for 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.

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Think Health. Act Now!

