



# STATE OF WISCONSIN

## DEPARTMENT OF MILITARY AFFAIRS

### DIVISION OF EMERGENCY MANAGEMENT

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*For Immediate Release*  
July 15, 2011

## Wisconsin Heat Wave Record temperatures and humidity start Sunday

(MADISON) – Wisconsin Emergency Management and the National Weather Service (NWS) are urging people to protect themselves from the dangerous heat and humidity expected next week. Temperatures will rise to the mid-90s with heat indexes of up to 115 degrees. The NWS has already issued an Excessive Heat Watch for southwest Wisconsin and more watches and advisories are expected to be posted over the weekend.

In 1995, two major killer heat waves affected most of Wisconsin resulting in 154 heat-related deaths and over 300 heat-related illnesses. Summer heat waves have been the biggest weather-related killers in Wisconsin for the past 50 years, far exceeding tornadoes and severe storms.

To help keep cool this summer, here are some tips to keep safe in hot weather:

1. **Never leave children, disabled persons, or pets in a parked car – even briefly.** Temperatures in a car can become life threatening within minutes. On an 80-degree day, the temperature inside a car even with the windows cracked slightly can reach 100 degrees in less than 10 minutes!
2. **Keep your living space cool.** Cover windows to keep the sun from shining in. If you don't have an air conditioner open windows to let air circulate. When it's hotter than 95 degrees use fans to blow hot air out of the window rather than to blow hot air on your body. Basements or ground floors are often cooler than upper floors.
3. **Slow down and limit physical activity.** Plan outings or exertion for the early morning or after dark when temperatures are cooler.

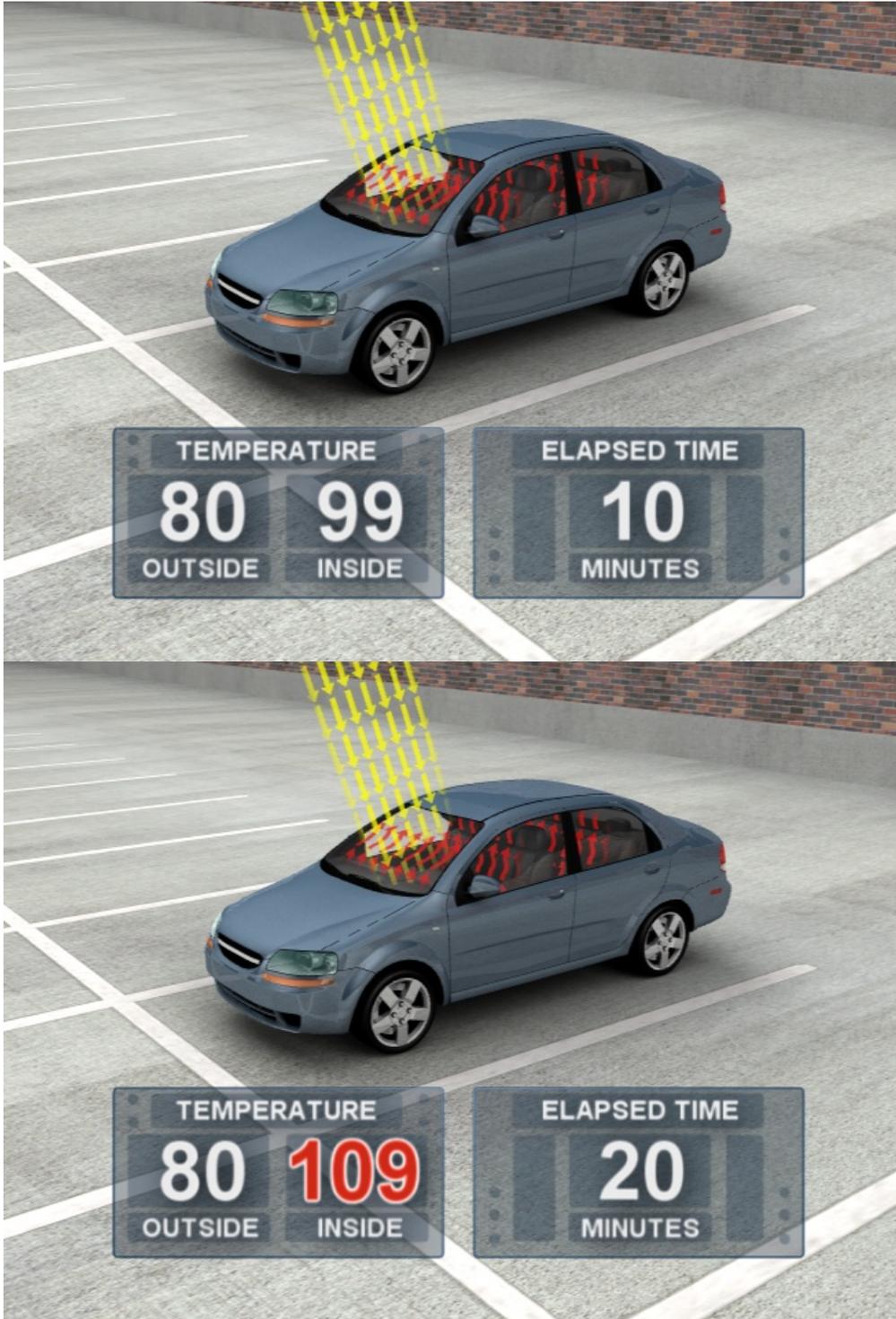
4. **Drink plenty of water and eat lightly.** Don't wait for thirst, but instead drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.
5. **Wear lightweight, loose-fitting, light-colored clothing.** Add a hat or umbrella to keep your head cool...and don't forget sunscreen!
6. **Don't stop taking medication unless your doctor says you should.** Take extra care to stay cool and ask your doctor or pharmacist for any special heat advice.
7. **Infants should drink breast milk or formula** to get the right balance of water, salts and energy. You may supplement your infant's fluids with an additional 4 to 8 ounces of water per day, but don't dilute formula beyond what the instructions say (unless instructed by your doctor).
8. **Taking a cool shower or bath will cool you down.** A shower or bath will actually work faster than an air conditioner. Applying cold wet rags to the neck, head and limbs also cools down the body quickly.

#### SYMPTOMS OF HEAT-RELATED ILLNESS AND WHAT TO DO

- *Heat Cramps* - cramps or muscle spasms in the abdomen, arms or legs.  
*Solution:* Stop activity. Cool down, drink clear juice or sports drink.
- *Heat Exhaustion* - heavy sweating, paleness, muscle cramps, weakness, dizziness, headache, nausea, fainting.  
*Solution:* Cool down, seek medical attention.
- *Heat Stroke* - extremely high body temperature, red, hot, dry skin, rapid pulse, throbbing headache, dizziness, nausea, confusion, unconsciousness.  
*Solution:* Call 911 and cool the victim with shower or hose until help arrives.

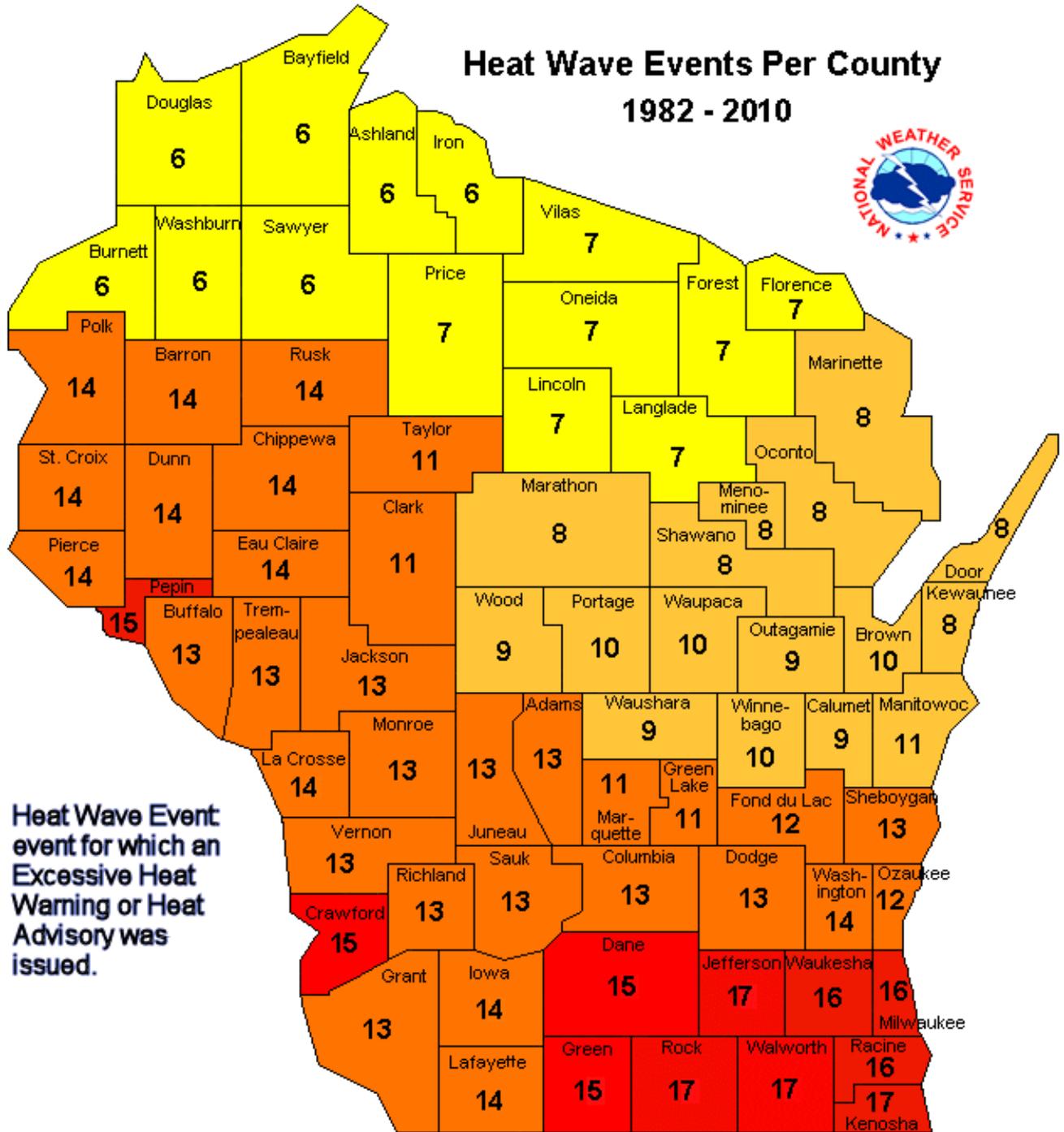
(Courtesy: Wisconsin Department of Health Services)

For more information, visit <http://readywisconsin.wi.gov> and click on our Heat Awareness section.



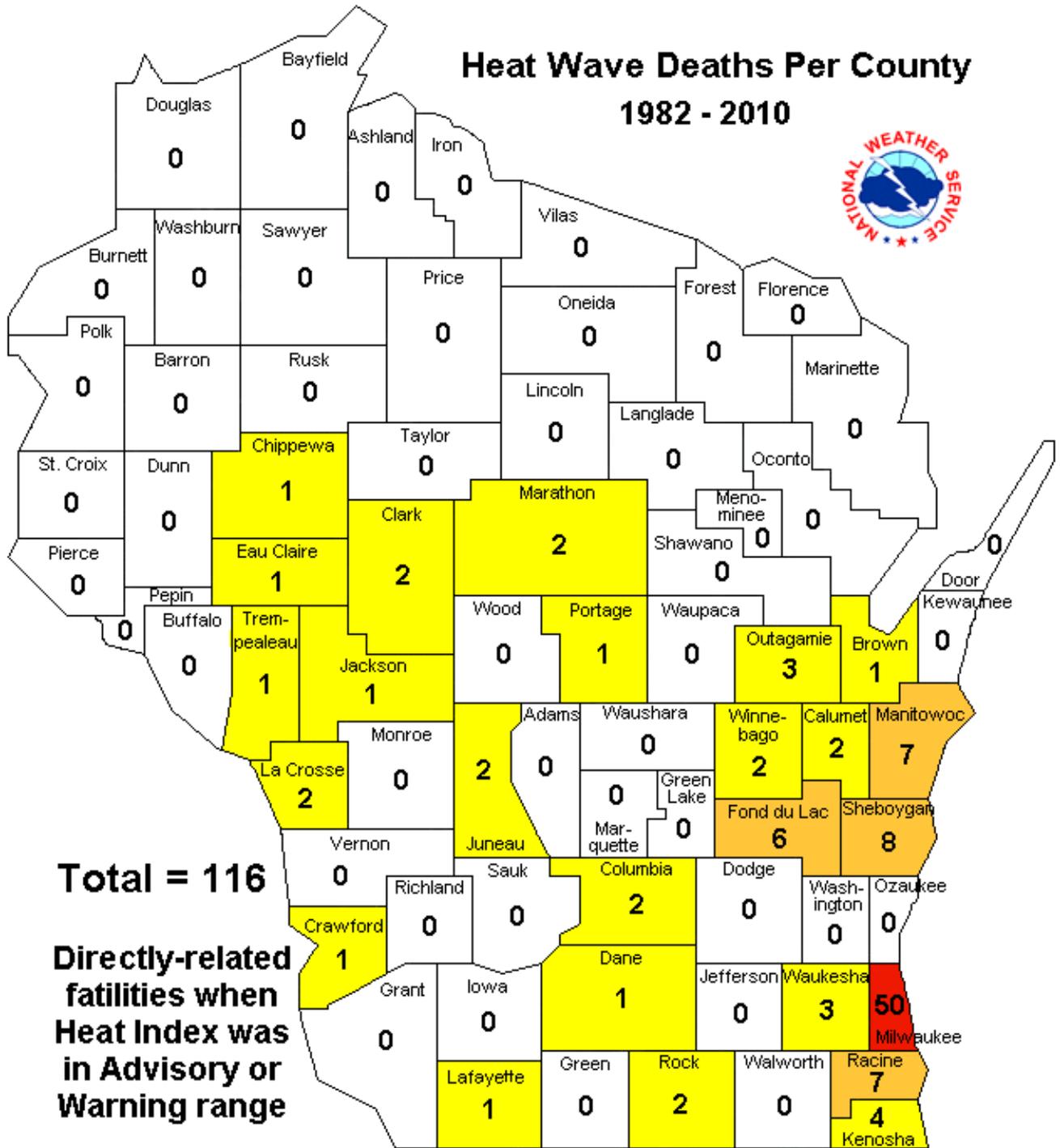
(Graphic Courtesy of General Motors and Golden Gate Weather Services)

# Heat Wave Events Per County 1982 - 2010



Heat Wave Event event for which an Excessive Heat Warning or Heat Advisory was issued.

# Heat Wave Deaths Per County 1982 - 2010



**Total = 116**

**Directly-related fatalities when Heat Index was in Advisory or Warning range**

## **HEAT HISTORY:**

Here are some previous periods of hot weather in Milwaukee and Madison:

### **MILWAUKEE:**

CONSECUTIVE DAYS WITH HIGH TEMPERATURES OF 90 DEGREES OR WARMER

RECORD: 10 DAYS IN A ROW ENDING 9/3/1953

STREAKS IN PAST 30 YEARS:

DAYS ENDING DATE

6 8/2/2006  
5 6/18/1994  
5 8/27/1993  
5 8/30/1991  
5 7/9/1988  
5 6/22/1988  
4 7/3/2002  
4 6/25/2002  
4 10 MORE PERIODS BETWEEN 2001 AND 1983

MOST RECENT PERIOD OF HOT WEATHER WAS 3 DAYS IN A ROW OF 90 DEGREES OR GREATER ON JUNE 6/7/8 OF 2011.

### **MADISON:**

CONSECUTIVE DAYS WITH HIGHS OF 90 DEGREES OR GREATER

RECORD: 15 DAYS IN A ROW ENDING 7/27/1901

STREAKS IN PAST 30 YEARS:

DAYS ENDING DATE

9 7/10/1989  
9 8/4/1988  
8 6/24/1995  
6 8/30/1991  
6 7/9/1988  
5 8/14/1995  
5 7/15/1995  
5 6/18/1994  
5 7/23/1987  
4 8/2/2007  
4 8 MORE PERIODS BETWEEN 2005 AND 1983

MOST RECENT PERIOD OF HOT WEATHER WAS 2 DAYS IN A ROW OF 90 DEGREES OR GREATER ON JUNE 6 AND 7 OF 2011...AND 3 DAYS IN A ROW ON JUNE 23/24/25 OF 2009.

Courtesy: Marc Kavinsky and Chris Kuhlman  
National Weather Service Milwaukee/Sullivan