

WHAT TO DO IN A HEAT EMERGENCY

The Weather Service uses the heat index as an estimate of how hot it really feels when the relative humidity is added to the actual air temperature.

The Milwaukee/Sullivan National Weather Service office will issue an excessive heat warning when it expects the daytime heat index values to exceed 110 degrees for 3 hours or more...while nighttime heat index values equal or exceed 80 degrees for any 24 hour period.

Remember that if heat index values exceed 110 degrees...sun-stroke... heat cramps or heat exhaustion is likely with prolonged exposure and/or physical activity.

Keep in mind that elderly persons...small children...people on medication and persons with weight or alcohol problems are especially susceptible to heat. This is especially true during a heat wave.

What you can do...slow down and reduce outdoor activities especially during the hottest parts of the day, 10AM – 2PM. Dress for summer... Wear lightweight...light-colored clothing. Do not get too much sun...it makes it even harder for your skin to cool you off. Drink plenty of water and stay away from all alcoholic drinks and caffeine...which will make the heat/s effect on your body even worse.

Spend your time indoors. If air conditioning is not available...stay on the lowest floor out of the sunshine. You can also try to take a bath or shower with cool water.

Oak Creek offers the library...schools...or other places to seek refuge from the heat. Plan to spend time at a shopping mall....or with friends or relatives that have air-conditioning. **Contact the Health Department, Police or Fire Department for a cool place in your area.**

If a person collapses due to the effects of heat...cool them down immediately with a garden hose...or apply towels soaked with cool water. If they are still conscious...give them water to drink. Of course...you should immediately contact 911 and request medical attention.

As with any severe weather stay tuned to NOAA weather radio or your local TV or radio stations for the latest forecast and heat index values.



*Our thanks to information from the City of Milwaukee Health Department and the Centers for Disease Control.
For more information check out the City of Oak Creek Health Department website at
<http://www.oakcreekwi.org/City%20Departments/Health%20Dept/index.htm>
or the CDC website at <http://www.bt.cdc.gov/disasters/extremeheat/>.*