

Extreme Heat

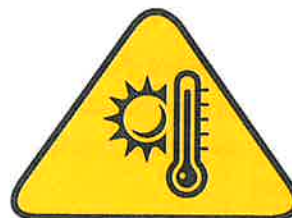
Excessive Heat Watch or Warning: What's the difference?

WATCH



An **excessive heat watch** means conditions are favorable for an excessive heat event in the next 24 to 72 hours. It can be very hot for several days.

WARNING



An **excessive heat warning** means air temperatures have gone up to dangerous levels for people and animals. Heat and humidity during this time can cause death. Stay out of the sun. Do what you can to stay cool.

What you can do *before* excessive heat

- **Complete the **FAMILY EMERGENCY PLANNING FORM** with your family.** Review your **EVACUATION PLAN(S)** with your family and practice what you need to do if you have to evacuate, including how to get a person with limited mobility or no mobility out of the house. If a person has a mobility device and/or a service animal, practice getting the person out both *with* AND *without* that mobility device and/or service animal.
- **Cover any windows that get sun during the day.** Drapes or shades will help keep out the heat.
- **Make sure your air conditioner is working.** If you don't have an air conditioner, make a list of places you can go that have one. For example, you could go to a school, library, theater, or the mall.

The dangers of heat exhaustion

Extremely hot air temperatures are dangerous. They can even cause death. Everyone is at risk. People with physical disabilities, children, pets, and the elderly are in the most danger.



Heat exhaustion (or heat cramps) is one of the first signs the body is having trouble with the heat. This could lead to heat stroke or death. The person must cool down and get water.

Symptoms of heat exhaustion include:

- Confusion and dizziness
- Fatigue and fainting
- Dark-colored urine (a sign of dehydration)
- Headache and nausea
- Muscle cramps and heavy sweating
- Pale skin and rapid heartbeat

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Extreme Heat

What you can do *during* excessive heat

- **Drink plenty of water, even if you do not feel thirsty!** Don't drink beer, wine, alcohol, or beverages with caffeine.
- **For people with physical disabilities who do not perspire, it is important to use cold washcloths or towels** and/or have a spritzer bottle to cool themselves down.
- **NEVER leave children or pets alone in closed vehicles.**
- **Stay indoors as much as possible** and stay out of the sun.
- **Avoid salt (unless your doctor tells you not to).**
- **Stay on the lowest floor of your home or go in the basement** because the temperature is cooler.
- **Go where there is air conditioning.** Review your list of places to go. For example, you could go to a school, a library, the theater, or the mall.
- **Postpone outdoor games** and activities.
- **Dress in lightweight and light-colored clothes.** Cover as much skin as possible. Wear hats with wide brims to keep the sun off your face. Avoid dark colors. Wear sunscreen on skin that is not covered.
- **Avoid any physical labor between 10 a.m. and 3 p.m.** This is the warmest part of the day. If you have to work outdoors, take frequent breaks. **Drink plenty of water** to replace the water your body sweats out. Make sure someone is with you.
- **Remember your pets and animals!** Bring them inside to air conditioning if you can. Make sure they get **plenty of water and shade**.

What is heat stroke?

Heat Stroke or Sun Stroke happens when the body temperature keeps rising. Fluids are lost through heavy sweating. This can cause brain damage and death. The body must be cooled quickly. **The fluids lost through sweating must be replaced.**



Symptoms of heat stroke include:

- Body temperature is more than 105°F
- Lack of sweat
- Red, hot and dry skin
- Muscle weakness or cramps
- Nausea and vomiting
- Rapid heartbeat, which may be weak or strong
- Rapid, shallow breathing
- Behavioral changes such as confusion, disorientation, or loss of balance
- Throbbing headache
- Dizziness and light-headedness
- Seizures
- Unconsciousness

READY ROSIE SAYS:



Check on those in your neighborhood who have physical disabilities or who are elderly, very young, sick, or overweight. They are more likely to become victims of heat exhaustion, and they may need your help.

Thunderstorm

A Thunderstorm Watch or a Warning: What's the difference?

WATCH



A thunderstorm **watch** means that severe thunderstorms are possible in and near the area. Stay alert. Look for storms. Be ready to act.

WARNING



A thunderstorm **warning** means that severe weather has been reported by radar or by people who watch the weather. People may be hurt by the storm. Homes and buildings may be damaged. Protect yourself. Take action now.

What you can do *before* a storm

- Complete the **FAMILY EMERGENCY PLANNING FORM** with your family. Review your **EVACUATION PLAN(S)** with your family and practice what you need to do if you have to evacuate, including how to get a person with limited mobility or no mobility out of the house. If a person has a mobility device and/or a service animal, practice getting the person out both **with** AND **without** that mobility device and/or service animal.
- If your plan includes using your vehicle(s) to evacuate, make sure there is enough gas in the vehicle(s) at all times.
- Follow any directions to evacuate from emergency personnel broadcast on television, internet, NOAA, or local radio.
- Protect yourself from flying broken glass. Close any blinds or shades over all windows. If there are strong winds, this will keep the broken glass from flying into the home.

The dangers of lightning

Most lightning deaths and injuries happen in the summer months. People are often hit when outdoors during the afternoon and evening.



Lightning strikes often with heavy rain. It can start as far as 10 miles away. When lightning strikes a home, it can travel through pipes and phone lines.

"Heat lightning" is lightning so far away that thunder is not heard. But, be careful; the storm can still move in your direction!

- Avoid electric shocks from lightning strikes:
 - Unplug all electrical items: computers, television sets, toasters, etc. **Don't forget to unplug the air conditioner!**
 - Don't take a shower, do dishes or use any water.

EMERGENCY PREPAREDNESS TOOLKIT

Thunderstorm

What you can do *during* a storm

- **Grab your [GO BAG](#)!** Go to a storm shelter or the safe place that has already been prepared (see the **Tornado** section of this toolkit).
- **Caught outside?** Find low ground such as a ravine or ditch. Stay away from anything made of metal. Stay away from tall trees and open water.
- **If you are on water,** get to land and seek shelter quickly.

What you can do *after* a storm

- **Wait 30 minutes after the storm has passed** before going outside. Lightning can still strike after a storm has moved on.

Lightning strikes

If you feel your hair stand up this means lightning will strike soon. Do not lie flat on the ground.

- Squat low to the ground and make yourself as small as possible.
- Place your hands over your ears.
- Put your head between your knees.



Don't forget!

Daylight Savings Time (Spring Forward) is a good time to review your plan.

- Recheck your Emergency Checklists.
- Look over the items in your [GO BAG](#) and emergency kits. Replace water, food, and batteries that are old.
- Update your [MEDICAL EMERGENCY WALLET CARD](#).
- Go over your [FAMILY EMERGENCY PLANNING FORM](#).
- Review your [IMPORTANT DOCUMENTS CHECKLIST](#).
- Practice your escape plans.
- Check your fire alarms.



Tornado

A Tornado Watch or a Warning: What's the difference?

WATCH



A **tornado watch** means that a tornado might happen. It means that there are thunderstorms that could form a tornado. Stay alert. Watch for more information.

WARNING



A **tornado warning** means that a tornado has been seen or is forming. The danger is here. Take cover now!

What you can do *before* a tornado

- **Complete the FAMILY EMERGENCY PLANNING FORM with your family.** Review your **EVACUATION PLAN(S)** with your family and practice what you need to do if you have to evacuate, including how to get a person with limited mobility or no mobility out of the house. If a person has a mobility device and/or a service animal, practice getting the person out both **with AND without** that mobility device and/or service animal.
- **If your plan includes using your vehicle(s) to evacuate, make sure there is enough gas in the vehicle(s) at all times.**
- **Follow any directions to evacuate from emergency personnel broadcast on Television, Internet, NOAA, or local radio.**
- **Find the safest area of your home.** The safe place should be in a basement, closet, or hallway. If you do not have a basement, go to the center of your home. Take shelter under a sturdy table or under a stairwell. Stay away from windows. See the green box at the right for a list of important items to keep in your safe place.

Important items to pack in your safe place

- **Whistle**
- **Helmet** (bike helmet) to protect your head from flying debris
- **Food and water**
- **Small pillow**
- **Thick blanket**
- **Flashlight or lantern-style lamp** makes it easier on the eyes. Don't forget to pack extra batteries!
- **National Oceanic and Atmospheric Administration (NOAA) radio** with new batteries. Some can show captions, or someone who can hear may be able to listen for you.
- **Visual Communications Tool**



EMERGENCY PREPAREDNESS TOOLKIT

Tornado

- **Check with your county, news channel, or newspaper to see if they send free text alerts.** Many offer text alerts for weather warnings and emergencies. If they offer this service, sign up!
- **If you have a Smartphone or iPad, there are apps for emergency alerts and warnings.** Download them!
- **You may not have access to text alerts or apps. Ask a trusted friend, neighbor, or family member to let you know when a tornado or storm coming.**
- **If you are in a mobile home, GET OUT!** Get to a permanent building or underground shelter.

Signs of a tornado

- You can see a rotating, funnel-shaped cloud reaching toward the ground during a thunderstorm.
- A cloud of debris flying around near the ground can mean there is a tornado; even if you can't see a funnel-shaped cloud.
- A change in the color of the sky.
- A strange peacefulness occurring during or soon after a thunderstorm. The wind may feel calm. The air may become very still.
- Debris dropping from the sky.
- A loud roar or a deep rumbling that feels and sounds similar to a freight train.



What you can do *during* a tornado

- **Grab your GO BAG and get to your safe place right away!** Tornadoes move fast. You may have only seconds to protect yourself.
- **Bring pet(s)/service animal(s) inside** or move them to the safest area of your home.
- **If you are caught outside,** look for a strong building. Go to the safest part where there are four walls (such as a bathroom or interior stairwell). Stay away from windows.
- **If you can't get inside,** quickly run away from trees and cars. Lie flat on the lowest part of the ground, face down with your arms over your head.
- **If you are caught in your car, park the car quickly.** Stay in the car with your seat belt on. Put your head down below the windows. If you can safely get to a lower place, such as a ditch, leave your car and lie down in that low area. Cover your head with your hands, a blanket, or a coat.

What you can do *after* a tornado

- **Try to stay calm and keep your family together.** Don't forget to check your meeting place!
- **When walking around, watch your step.** Stay away from power lines and puddles with wires in them. They may still be carrying electricity!
- **Stay out of any heavily damaged houses or buildings.** They could collapse at any time.
- **Do not use matches or lighters.** There may be leaking natural gas pipes or fuel tanks nearby. Lighting a match could cause an explosion.



Extreme Heat

Excessive Heat Warning

Issued 6 to 24 hours in advance of occasions in which daytime heat index (HI) values are expected to be 105 or higher and night time HI values will be 75 or higher for at least a 48-hour period. Also, an Excessive Heat Warning will be issued for situations in which daytime heat index values will be 100 to 104 for at least 4 consecutive days.

During a Heat Emergency

Never leave children, disabled persons, or pets in a parked car – even briefly. Temperatures in a car can become life threatening within minutes.

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 to your body. Basements or ground floors are often cooler than upper floors.

Slow down and limit physical activity. Plan outings or exertion for the early morning or after dark, when temperatures are cooler.

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.

Wear lightweight, loose-fitting, light colored clothing. Add a hat or umbrella to keep your head cool... and don't forget sunscreen!

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.

Taking a cool shower or bath will cool you down. In fact, you will cool down faster in a cool shower or bath faster than you will in an air-conditioned room! Also, applying cold wet rags to the neck, head and limbs will cool down the body quickly.

People at higher risk of a heat related illness include:

- ◆ Older adults
- ◆ Infants and young children
- ◆ People with chronic heart or lung problems
- ◆ People with disabilities
- ◆ Overweight persons
- ◆ Those who work outdoors or in hot settings
- ◆ Users of some medications, especially those taken for mental disorders, Movement disorder, allergies, depression, and heart or circulatory problems
- ◆ People who are isolated who don't know when or how to cool off – or when to call for help

Extreme Heat

Know the Terms

Heat Wave

Prolonged period of excessive heat, often combined with excessive humidity.

Heat Index

A number in degrees Fahrenheit (F) that tells how hot it feels when relative humidity is added to the air temperature. Exposure to full sunshine can increase the heat index by 15 degrees.

Heat Cramps

Muscular pains and spasms due to heavy exertion. Although heat cramps are the least severe, they are often the first signal that the body is having trouble with the heat.

Heat Exhaustion

Typically occurs when people exercise heavily or work in a hot, humid place where body fluids are lost through heavy sweating. Blood flow to the skin increases, causing blood flow to decrease to the vital organs. This results in a form of mild shock. If not treated, the victim's condition will worsen. Body temperature will keep rising and the victim may suffer heat stroke.

Heat Stroke

A life-threatening condition. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly.

Sun Stroke

Another term for heat stroke.

Heat Facts

Summer heat waves are the biggest weather-related killers in Wisconsin for the past 50 years, far exceeding tornado and other storm-related deaths. In 1995, two major killer heat



waves affected most of Wisconsin resulting in 154 heat-related deaths and over 300 heat-related illnesses.

Citizens of the State of Wisconsin can be seriously affected by severe heat, and it is essential that we increase awareness of the dangers of heat waves and the protective actions which can be taken by citizens.

National Weather Service Heat - Wave Program in Wisconsin

Outlook Statement

Issued 2 to 7 days in advance of when Heat Advisory or Excessive Heat Warning conditions are anticipated. Issued as a Hazardous Weather Statement (HWO). Broadcasted on NOAA Weather Radio All Hazards, and posted on NWS web sites (www.weather.gov).

Heat Advisory

Issued 6 to 24 hours in advance of occasions in which daytime heat index (HI) values of 100 to 104 are expected. Also, a Heat Advisory will be issued for situations in which daytime heat index (HI) values of 95 to 99 are expected for at least 4 consecutive days.

Excessive Heat Watch

Issued generally 12 to 48 hours in advance of occasions in which daytime heat index (HI) values are expected to be 105 or higher and night time HI values will be 75 or higher for at least a 48-hour period.