



# COUNTY OF KENOSHA

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## Administrative Services Emergency Management

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### Press Release:

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## HEAT, AMERICA'S #1 WEATHER RELATED KILLER

“Governor Jim Doyle has proclaimed June 12, 2008, as Wisconsin Heat Awareness Day. This is a good time to review the effects of heat, as it is America’s #1 Weather killer. Per the National Weather Service (NWS), between 1982 and 2007, Kenosha County experienced 17 Heat Wave events representing 61 Heat Wave Days resulting in 7 heat related deaths,” stated Ben Schliesman, Director, Kenosha County Emergency Management/Homeland Security. “People who are most vulnerable to heat related sickness and deaths are the elderly, infants, young children, people on certain medications, especially psychotropic drugs, people with heart or lung problems, people who are overweight and people who work outside.”

People will often say, “We’re having a heat wave,” but what is a heat wave and what does it really mean? A heat wave usually consists of high temperatures and high relative humidity. The combination makes it difficult for the human body to dissipate heat through the skin and sweat glands. To inform the public as to the criticality of heat, the National Weather Service uses the “Heat Index” as a measurement of the combined effects of high temperatures and high relative humidity. “The Heat Index equates to a “Feels Like Temperature,” stated Schliesman. “If its 88 degrees with a relative humidity of 70%, the Heat Index, “Feels Like” temperature is 100 degrees. A Heat Index of 90 – 105 degrees makes sunstroke, heat cramps and heat exhaustion possible with prolonged exposure and/or physical activity. A Heat Index of 105 –130 makes sunstroke, heat cramps and heat exhaustion likely with prolonged exposure and/or physical activity.”

With regard to heat related weather, the National Weather Service issues the following Watches and Warnings:

Heat Advisory: A Heat Advisory is issued by the NWS, 6-24 hours in advance of any 24-hour period in which the daytime heat indices is => 100 degrees Fahrenheit and/or the air temperature => 95 degrees.

Excessive Heat Watch: An Excessive Heat Watch is issued by the NWS, 24-48 hours in advance of when Excessive Heat Warning conditions are expected.

Excessive Heat Warning: An Excessive Heat Warning is issued by NWS, 6-24 hours in advance of any 48-hour period in which daytime heat indices are  $\Rightarrow$  105 degrees Fahrenheit and a minimum night time heat indices  $\Rightarrow$  75 degrees Fahrenheit.

“To keep apprised of up to the minute weather information regarding heat waves, severe storms, floods, etc, all individuals, schools, and businesses should purchase a NOAA All Hazard Weather radio with either S.A.M.E. Technology or with a frequency of 162.450 (frequency assigned to Kenosha/Racine Counties),” said Schliesman. With a weather radio, you’ll have peace of mind and will always know what weather is coming your way.”

So what should you do if you are affected by heat/heat symptoms?

To Minimize the Effects of Heat you should:

- Slow down and reduce outdoor activities. If possible do your activities in the early morning or evening.
- Drink plenty of water stay away from alcoholic, carbonated or caffeine-type drinks.
- Stay out of the direct rays of the sun as this can add 15 degrees to the apparent temperature, better known as the heat index.
- Take a cool bath or shower and you will cool your body down 25 times faster than sitting in an air-conditioned room.
- Stay away from strong hot winds as a hot wind just adds more heat to the human body similar to a hot air blast furnace.
- Wear lightweight and light colored clothing limited to one layer of absorbent fabric to facilitate the evaporation of sweat. If clothes become wet they should be changed for dry ones.
- Use a good sunscreen and wear a wide-brim hat. A sunburn reduces the skin’s ability to provide cooling.
- Inside keep shades drawn and blinds closed; keep lights on low or turned off.
- Eat frequent small meals and avoid high protein foods, which increase metabolic heat.
- Avoid using salt tablets unless directed to do so by a physician.
- Spend time in an air-conditioned room or even just two hours per day in air-conditioning can significantly reduced the risk of heat-related illness.
- If you don’t have air-conditioning, spend time in air-conditioned places such as libraries, shopping malls or visit friends or relatives that have air-conditioning.
- Spend time in your basement; turn on fans.

See below for National Weather Service's Heat Index Table or "Feels Like Temperature."

Heat Index Table													
		Relative Humidity (%)											
Temp °F	40	45	50	55	60	65	70	75	80	85	90	95	100
110	136												
108	130	137											
106	124	130	137										
104	118	124	131	137									
102	112	119	126	133	137								
100	106	113	120	127	134	136							
98	100	107	114	121	128	134	136						
96	94	101	108	115	122	129	132	132					
94	88	95	102	109	116	123	124	124	129	135			
92	82	89	96	103	110	117	116	116	121	126	131		
90	76	83	90	97	104	111	109	109	114	119	124	127	132
88	70	77	84	91	98	105	103	103	108	113	118	121	121
86	64	71	78	85	92	99	97	97	102	107	112	115	112
84	58	65	72	79	86	93	91	91	96	101	106	109	103
82	52	59	66	73	80	87	85	85	90	95	100	103	95
80	46	53	60	67	74	81	79	79	84	89	94	97	87
With Prolonged Exposure and/or Physical Activity:		Extreme Danger: Heat Stroke or Sunstroke likely						Danger: Sunstroke, muscle cramps, and/or heat exhaustion likely					
		Extreme Caution: Sunstroke, muscle cramps, and/or heat exhaustion possible						Caution: Fatigue possible					
$HI = -42.379 + 2.04901523T + 10.14333127R - 0.22475541TR - 6.83783 \times 10^{-3}T^2 - 5.481717 \times 10^{-2}R^2 + 1.22874 \times 10^{-3}T^2R + 8.5282 \times 10^{-4}TR^2 - 1.99 \times 10^{-6}T^2R^2$													
Where: T = ambient dry bulb temperature R = relative humidity													