



Extreme Heat Tips

Never leave children, disabled people, or pets in a parked car, even briefly.

On an 80°F day, the temperature inside a car—even with the windows cracked slightly—can reach 100°F in less than 10 minutes!

Keep your living space cool or seek shelter in a cool public place.

If you have an air conditioner, use it! If you don't have an air conditioner and the temperature is above 95°F, using a fan will no longer prevent heat-related illnesses. You should go to a community space with air conditioning, called a cooling center. Call 211 or visit 221wisconsin.org to find a cooling center near you.

Slow down and limit physical activity.

Plan outings or exercise 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, which can cause dehydration, 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. Some medications can interfere with the body's ability to regulate temperatures and cool off in hot weather.

Take a cool shower or bath to cool yourself down.

A cool shower or bath will actually work faster at reducing your body temperature than an air conditioner. Apply cold, wet rags to your head and neck to quickly cool down.

For more info visit: readywisconsin.wi.gov/heat/



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