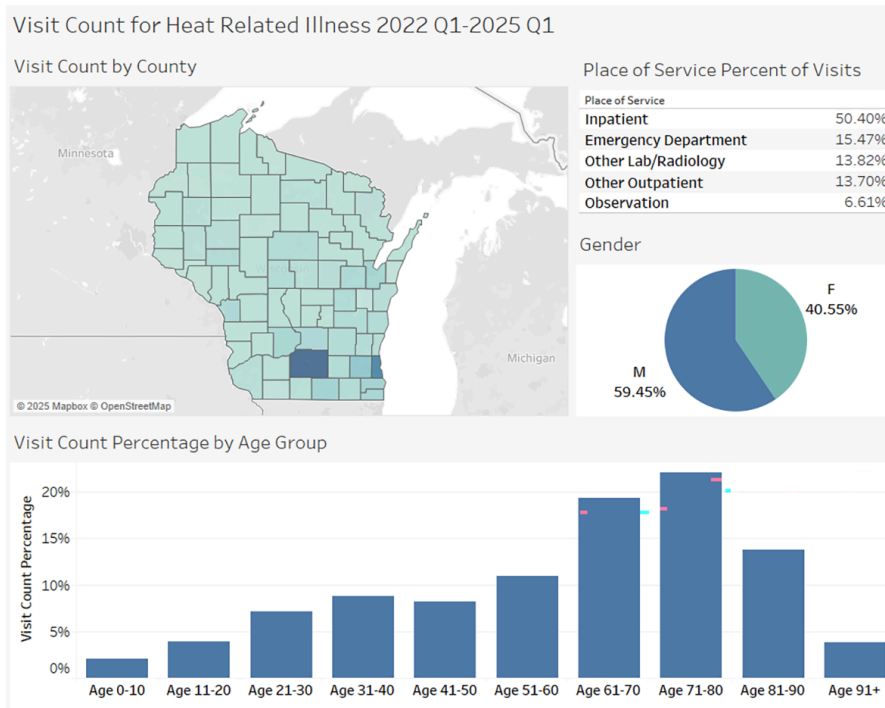


## Fast Facts from the WHA Information Center: Heat-Related Illnesses

Summers in Wisconsin are known for long, sun-filled days spent outdoors. However, the sun can cause heat-related illnesses, with some of the most dangerous weather-related conditions appearing during July and August. The Centers for Disease Control and Prevention (CDC) states that “approximately 1,714 people in the United States are killed by extreme heat every year” (Heat-Related Illness, 2024). Of those heat-related illnesses, heat syncope, heat exhaustion and heat stroke are among the most severe and fatal. The CDC also states that “extreme heat causes more deaths each year than hurricanes, lightning, tornadoes, earthquakes and floods combined” (CDC Climate Change and Extreme Heat Infographic). The highest risk individuals include those 65 years or older, children under the age of 4, people without air conditioning and people with existing medical conditions such as heart disease.

Based on WHA Information Center data from January 2022 to March 2025, patients aged 61-80 years old had the highest hospital visit counts due to heat-related illness. Males accounted for 59% of all visits. Dane County had the highest number of visits for heat-related illnesses. Inpatient admissions were the place of service with the highest visit count.



Whether you work outdoors or enjoy spending free time in nature, here are some key things the CDC suggests to prevent a heat-related illness from occurring:

- During heat waves, frequently check on people at risk for heat-related death, such as elderly, disabled or homebound people.
- Never leave children alone in cars and ensure that children cannot lock themselves in an enclosed space, such as a car trunk.
- Limit sun exposure during midday hours and in places of potential severe exposure, such as beaches or lakes.
- Drink plenty of nonalcoholic fluids to replace the salts and minerals lost when sweating. Do not take salt tablets unless under medical supervision.
- Dress infants and children in cool, loose clothing and shade their heads and faces from the sun with hats or an umbrella.
- Provide plenty of fresh water for pets. Leave the water in a shady area.

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- WHA Financial Workshop Held August 8
- WHA 2025 Nominating and Awards Committee Seeking Nominations
- Fast Facts from the WHA Information Center: Heat-Related Illnesses
- Only 1 More Day to Submit Your Nomination for the 2025 Global Vision Community Partnership Award

## EDUCATION EVENTS

### Sep. 17, 2025

2025 Annual Wisconsin Organization of Nurse Leaders Conference

### Sep. 22, 2025

Infection Prevention and Antibiotic Stewardship

### Sep. 23, 2025

Inpatient Dialysis in Rural Health