



# Surviving Michigan Summer Heat!

*Keeping Your Cool When It's Hot Outside*

## Protect Yourself From Extreme Heat

- **Stay Cool!** Use an air conditioner or go to a cool place.
- **Drink** plenty of fluids, even if you are not thirsty.
- Use a **fan** only when the windows are open or the air conditioner is on.
- **Avoid** alcohol, caffeine, and sugary drinks such as soda pop.
- Take a **cool** shower or bath.
- Keep **shades** and **curtains** closed to block the sun from coming in your home or office.
- **Avoid** exercising and physical activity during the hottest part of the day.
- **Stay out** of the sun.
- **Wear** sunscreen (at least SPF 15).
- **Check on** family members, neighbors and friends at least once a day. Move them to a cool place if necessary.
- **Never, ever** leave children, the elderly or pets in parked cars.

The **National Weather Service** issues heat advisories and warnings when the heat index is expected to rise to a dangerous level. The **heat index** combines high temperatures and humidity to let you know how hot it feels outside.

**LISTEN** for weather alerts!

### Heat Advisory

A heat advisory is issued when the heat index is expected to be at least 100° for three hours or more.

### Heat Warning

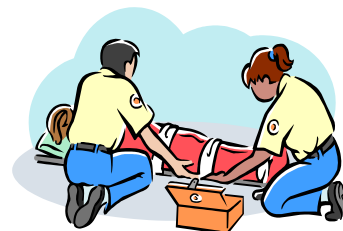
A heat warning is issued when the heat index is expected to be at least 105° for three hours or more.

### Excessive Heat Watch

An excessive heat watch is issued when the heat index may be at least 105° within the next two to three days.

## Who Needs Special Care

- Young children.
- People who are overweight.
- Adults age 65 years and older.
- People with existing medical conditions such as diabetes, high blood pressure, heart problems, lung problems, or mental illness.
- People who take certain medications, such as those for high blood pressure or poor circulation.  
**Ask your doctor if your medication could cause you to be affected by heat.**
- People who work in hot places such as construction sites or restaurant kitchens.



## What is heat illness?

Your body normally cools down by sweating. During extremely hot weather, when sweating isn't enough to cool your body, your body can become overheated to the point that you become ill. Heat illness can cause you to become very sick, and could even cause death.



**Check the signs and symptoms of heat illness, If necessary, follow these first aid steps.**

<u>HEAT ILLNESS</u>	<u>SYMPTOMS</u>	<u>FIRST AID</u>
<b>HEAT CRAMPS</b>	Heavy sweating, muscle pain	Stop all activity for a few hours. Drink water, clear juice or a sports beverage. Get medical attention if cramps do not go away within 1 hour.
<b>HEAT EXHAUSTION</b>	Heavy sweating, cramps, tiredness, weakness, headache, cool and moist skin, fast and weak pulse, fast breathing, nausea, fainting	Get the person out of the sun, lay them down and loosen their clothing. Apply cool, wet cloths. Give sips of a cool, non-alcoholic drink. Get medical help right away for an infant, the elderly or if the person has an existing medical condition. You should also get medical help right away if the symptoms worsen or last longer than 1 hour. Heat exhaustion can lead to heat stroke.
<b>HEAT STROKE</b>	Skin that feels hot and dry but not sweaty. High body temperature (above 103°) Rapid, strong pulse. Throbbing headache. Nausea, confusion, dizziness, unconsciousness	Call 911 and get medical help right away! Heat stroke can cause death. Move the person into a shady area and put them in a tub of cool water, shower them with a garden hose, or use any other method to cool them rapidly. Do not give the person alcohol to drink.

### Here's Where to Find More Information

- Centers for Disease Control and Prevention, <http://www.cdc.gov/Features/ExtremeHeat/>
- National Weather Service Heat Page, <http://www.weather.gov/om/heat/index.shtml>
- Michigan Department of Community Health, <http://www.michigan.gov/climateandhealth>
- U.S. Environmental Protection Agency, <http://www.epa.gov/climatechange/>