

HEAT SAFETY TIPS

- Slow down. Avoid heavy activity.
- Stay indoors on the lowest floor.
- Go to a cooling center for several hours each day.
- Wear light-weight, light-colored clothing.
- Drink plenty of water. Avoid alcohol or caffeinated drinks.
- Eat small meals and more often.
- Avoid salt tablets unless directed by physician.

HEAT-RELATED ILLNESS

HEAT CRAMPS: Muscle pain and spasms.

HEAT EXHAUSTION: Cool, moist, pale or flushed skin. Heavy sweating. Headache. Nausea or vomiting.

Move to cool place, drink a glass of cool water every 15 minutes, monitor for worsening symptoms.

HEAT STROKE: Hot, red skin. Feeling faint or disoriented. Rapid, weak pulse. Shallow breathing. Dry skin. High body temperature.

Heat Stroke is life threatening, call 9-1-1!



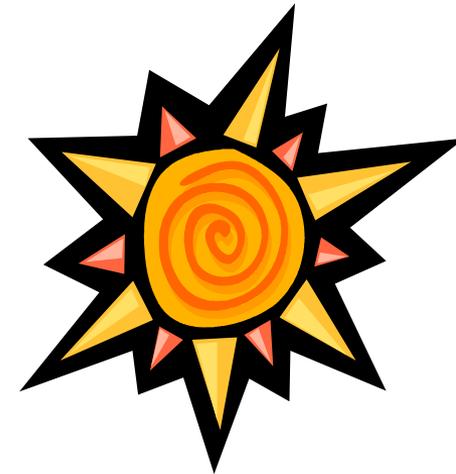
Be A Cool Neighbor

1. Identify those who may have trouble with the heat:
 - Don't have air-conditioning
 - Difficulty getting around
 - Chronic health conditions
2. Help out.
 - Watch for signs of heat-related illness.
 - Encourage visiting a cooling center.
 - Arrange rides if needed.
 - Educate them on the dangers of extreme heat and how to protect themselves.
3. Check on them once a day during a heat wave.



For more information about this program contact Ronda Oberlin at 517-483-4110 or at roberlin@lansingmi.gov

IT'S A
COOL
THING TO DO



A Community
Partnership
to Beat
the Heat

PURPOSE

A Cool Thing To Do is a program designed to raise awareness of the dangers of extreme heat and to offer cool alternatives for those who can't find relief from the heat at home.

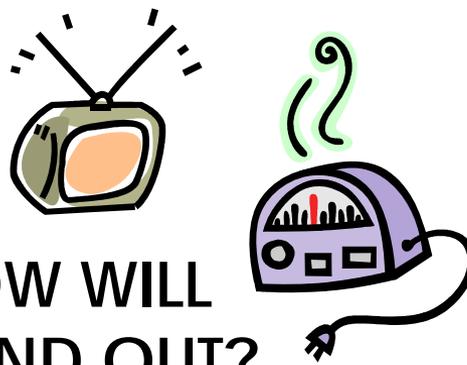
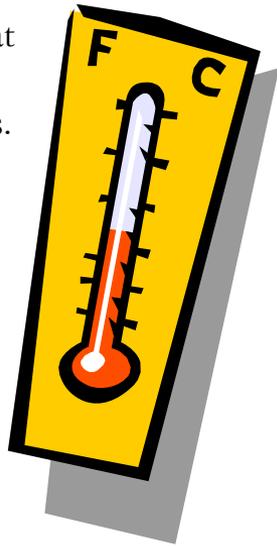
HOW IT WORKS

A Cool Thing To Do will be activated when local meteorologists decide that heat conditions may be reaching dangerous levels.

Meteorologists will consider the heat index (the “feels like” temperature) and other factors, like how long temperatures will remain high, when deciding whether to open cooling centers.

Heat index temperatures of 93-102°F may mean a “Condition Orange-heat alert” is issued.

A “Condition Red-heat emergency” may be called for when heat index temperatures are 103°F or more.



HOW WILL I FIND OUT?

Local TV and radio will announce when a “Condition Orange” or “Condition Red” is established.

Information about local cooling centers is sent to the media whenever a “Condition Orange” or “Condition Red” is declared.

The information will then be passed through the local media to the public.

You can also visit:
www.cityoflansingmi.com/coolthing

WHAT IS A COOLING CENTER?

Cooling centers are air-conditioned locations such as senior centers and community centers where the public can go to get out of the heat for a few hours on hot days.

WHY SHOULD I GO?

When it gets hot outside, everyone should try to cool off for a few hours each day to avoid heat-related emergencies. The longer the weather stays hot, the more our bodies need a break in a cool place.



WHO SHOULD I CALL?

Transportation for anyone who cannot use CATA’s regular fixed route buses will be arranged by calling 2-1-1. Free rides are available for those with a physical and a financial need.

To find a cooling center or find a ride dial: **2-1-1**

*(From a cell phone or pay phone dial: **866-561-2500 toll free**)*

Questions about pets and heat?
Call: **626-6060** (Capital Area Humane Society)