



**District Health
Department #10**
Healthy People, Healthy Communities



DHD#10 HIGHLIGHTS TIPS AND TRICKS TO KEEP COOL THIS SUMMER

June 17, 2024 – With the weather forecast expected to be hot this week, District Health Department #10 (DHD#10) and the Michigan Department of Health and Human Services (MDHHS) are highlighting helpful tips and tricks to help stay safe this summer as temperatures rise.



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“We’re happy to see summer, but we need to remember to be cautious during heat waves,” said DHD#10 Health Officer Kevin Hughes. “Extreme heat can be dangerous when not taking the proper precautions.”

According to MDHHS, groups most at risk for heat-related illness are: pregnant people, older people, children, people with chronic conditions (ex. cardiovascular disease, respiratory illness such as asthma, diabetes), those on certain medications (ex. diuretics, some antipsychotics, some antidepressants, some antihypertensive agents), people who live alone, and those who may be more exposed to heat including: outdoor workers, low-income individuals, unhoused individuals, individuals without air conditioning, and individuals who exercise outside. However, it is important to remember that anyone can suffer from a heat-related illness when participating in strenuous activity in high-humidity, high-heat environments.

DHD#10 encourages the community to safely enjoy the summer and with these tips:

- **Know the warning signs and symptoms**
 - Heat-related illnesses are preventable
 - Learn the [symptoms](#) and what to do if you or a loved one shows signs of having a heat-related illness (<https://www.cdc.gov/extreme-heat/signs-symptoms/>)
- **Keep your cool in hot weather**
 - Take measures to [stay cool](#), remain hydrated, and keep informed (<https://www.cdc.gov/extreme-heat/prevention/>)
 - Watch for high humidity and gauge personal factors that might put you at greater risk of heat-related illness.
- **Stay cool indoors**
 - In extreme heat, it’s best to stay in an air-conditioned space as much as possible. If your home does not have air conditioning, go to a public place such as a library or shopping center to cool down for a bit
 - Reach out to your local DHD#10 office to find any heat-relief shelters in your area
- **Wear sunscreen**
 - Sunburn makes it harder for your body to cool down and can also dehydrate you, putting you at greater risk for heat-related illness
 - Use a sunscreen with an SPF of 15 or higher before going out into the sun and reapply as directed
- **Do not leave children or pets in cars**
 - Cars can quickly heat up to dangerous temperatures regardless of the windows being left open

- When getting out of the car, be sure to double-check that no infants, children, or pets have been left behind

For more info on ways to stay safe from summer heat, please visit:
<https://www.cdc.gov/heat-health/about-heat-and-your-health.html>.

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