Be Cool

The longer the weather stays hot, the more our bodies need a break in a cool place. When the temp is 90 and above:

- Stay in a cool indoor location
- Do not leave pets or children in a car
- Drink plenty of water
- Slow down & avoid heavy activity
- Stay indoors on the lowest floor
- 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

Call 2-1-1 on your phone to find a “Cooling Center” near you: a free, air-conditioned place where you can go to cool down, and if you cannot use CATA’s regular fixed route buses. CATA will make rides are available for those with a physical and financial need. Call 517-626-6060 for help with your pet if you need to leave home.

For 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.

For Heat stroke: (Hot, red skin  ·  Feeling faint or disoriented  ·  Rapid, weak pulse  ·  Shallow breathing  ·  Dry skin  ·  High body temperature)
Same as above, plus call 9-1-1. Heat Stroke is life threatening!
Get Air-Conditioning & Lower Electric Bills
Call Lansing BWL at 337-0422 x3 and ask about rebates on air-conditioners and the “Lower My Bill” program. If you live in a Lansing Housing Commission multi-unit property and you or your child have asthma, call Courtney Wisinski at 335-8252 to ask about the ACE program.

Know, Visit and Help Your Neighbors
Identify neighbors who don’t have air-conditioning, have difficulty getting around and/or have chronic health conditions. Check on neighbors who may have trouble with heat daily during a heat wave. Encourage visiting a cooling center and arrange rides if needed.

Drugs that Increase Risk of Heat-Illness:
• Vasoconstrictors
• Beta blockers
• Diuretics
• Antidepressants or antipsychotics
• Stimulants for ADD or ADHD
• Illegal stimulants: amphetamines and cocaine make you more vulnerable to heatstroke

Beaches

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Distance from downtown Lansing</th>
<th>Access Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>Burchfield Park and Riverbend</td>
<td>881 Grovenburg Road, Holt, MI</td>
<td>13 miles</td>
<td>From downtown by I-75 South then covers Highway 168 or I-69 to Holt</td>
</tr>
<tr>
<td>Natural Area</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Hawk Island County Park</td>
<td>1601 E. Cavanaugh, Lansing, MI</td>
<td>5 miles</td>
<td>Beach Hours: (weather permitting) Memorial Day – Labor Day; Call 517-676-2233 for specific hours.</td>
</tr>
<tr>
<td>Lake Lansing Park South</td>
<td>1621 Pike Street, Haslett, MI</td>
<td>9 miles</td>
<td>By the corner of Pike Street and Marsh Road.</td>
</tr>
<tr>
<td>Lake Lansing Park North</td>
<td>6260 E. Lake Drive, Haslett, MI</td>
<td>9 miles</td>
<td>Across the street from Lake Lansing Boat Launch</td>
</tr>
</tbody>
</table>

Cool Resources
Beaches

Hunter Park Pool
1400 E. Kalamazoo, Lansing (between Pennsylvania and Clemens/Aurelius)
371-3622 (summer only)
Open 7 days a week 12pm-4pm & 5pm-7pm

Alfreda Schmidt Southside Community Center - Hill Pool
Wise Rd, Lansing (between Miller and Jolly, just west of Pleasant Grove)
483-6685

Moores Park Pool
600 Moores River Drive, Lansing (between MLK and Washington)
371-2778 (summer only)
Open 7 days a week 12pm-4pm & 5pm-7pm

Beekman Center
2901 Wabash, Lansing