

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 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!



**Be Emergency-Ready With:
3-day supply of medications,
food & water, battery-radio,
land line phone, back-up
power generator, flashlights
and first-aid kit.**

www.ready.gov



hd.ingham.org



Cool Resources

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

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.

Hunter Park Pool

1400 E. Kalamazoo, Lansing (between Pennsylvania and Clemons/Aurelius)

371-3622 (summer only)

Open 7 days a week 12pm-4pm & 5pm-7pm

Alfreda Schimdt Southside Community Center -Hill

Pool 5835

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

Beaches

Burchfield Park and Riverbend Natural Area

881 Grovenburg Road, Holt, MI Southwest of Holt

Distance from downtown Lansing: 13 miles

Hawk Island County Park

1601 E. Cavanaugh, Lansing, MI

Distance from downtown Lansing: 5 miles

Lake Lansing Park South

1621 Pike Street, Haslett, MI At the corner of Pike Street and Marsh Road

Distance from downtown Lansing: 9 miles

Lake Lansing Park North

6260 E. Lake Drive, Haslett, MI Across the street from Lake Lansing Boat Launch

Distance from downtown Lansing: 9 mile

Beach Hours

(weather permitting)

Memorial Day - Labor Day

Please call 517-676-2233 for specific hours.