

Hazard: Excess Heat

Identity of Hazard(s): Conditions of extreme heat are defined as summertime temperatures that are substantially hotter and/or more humid than average for location at that time of year. Humid or muggy conditions, which add to the discomfort of high temperatures, occur when a "dome" of high atmospheric pressure traps hazy, damp air near the ground.¹

Primary Health Outcome(s): Cardiovascular conditions (heart attack and stroke)²

Health Alert! High temperatures can increase cardiovascular strain and trauma, and where temperatures exceed 77°F, mortality increases and there is an increase in strokes. Dehydration is a problem primarily for the elderly and the very young.²

Gain Control: Actions You Can Take³

- Install window air conditioners snugly; insulate if necessary. Check air-conditioning ducts for proper insulation.
 - Weather-strip doors and sills to keep cool air in.
 - Cover windows that receive morning or afternoon sun with drapes, shades, awnings, or louvers. (Outdoor awnings or louvers can reduce the heat that enters a home by up to 80 percent.)
 - Never leave children or pets alone in closed vehicles.
 - Stay indoors as much as possible and limit exposure to the sun.
 - Stay on the lowest floor out of the sunshine if air conditioning is not available.
 - Consider spending the warmest part of the day in public buildings such as libraries, schools, movie theaters, shopping malls, and other community facilities. Circulating air can cool the body by increasing the perspiration rate of evaporation.
 - Drink plenty of water; even if you do not feel thirsty. Avoid drinks with caffeine. Persons who have epilepsy or heart, kidney, or liver disease; are on fluid-restricted diets; or have a problem with fluid retention should consult a doctor before increasing liquid intake.
 - Dress in loose-fitting, lightweight, and light-colored clothes that cover as much skin as possible. Avoid dark colors because they absorb the sun's rays. Protect face and head by wearing a wide-brimmed hat.
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Local Resources for Detroit Residents:

- DTE Energy: (866) 796-0512
 - DTE Energy Air Conditioner Rebate Program
www.dteenergy.com/residentialCustomers/saveEnergy/heatingCooling/resAirRebates.html
- Cooling Centers – Your local Detroit Public Library
- Young Detroit Builders (low cost carpentry; ex: for help opening windows that are painted shut): (313) 964-2763
- Wayne Metro Community Action Agency Weatherization Assistance Program: (734) 525-1341
- CLEARCorps Detroit: (313) 924-4000

¹http://emergency.cdc.gov/disasters/extremeheat/heat_guide.asp

²http://portal.hud.gov/hudportal/documents/huddoc?id=operating_guidance_hhrs_v1.pdf

³<http://www.ready.gov/heat>