



FOR IMMEDIATE RELEASE

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Stay Cool, Stay Safe: VBCDHD Heat Safety Guidance

Tips to Prevent Heat-Related Illness as Temperatures Rise

Lawrence, MI - With high temperatures forecasted, the Van Buren/Cass District Health Department (VBCDHD) is urging residents to take precautions to avoid heat-related illnesses such as heat exhaustion and heatstroke. Residents are encouraged to follow these best practices during extreme heat:

- **Stay hydrated.** Drink plenty of water and avoid sugary or alcoholic beverages.
- **Limit outdoor activities.** Try to stay indoors during the hottest parts of the day, typically between 10 a.m. and 4 p.m.
- **Dress appropriately.** Wear lightweight, light-colored, and loose-fitting clothing.
- **Avoid sunburn.** Use sunscreen with SPF 30 or higher and reapply as needed.
- **Find air conditioning.** Spend time in air-conditioned buildings. Even a few hours can help prevent heat illness. If you do not have access to air conditioning, text or call Michigan 2-1-1 for information on local cooling centers. Cooling centers can also be located at the 2-1-1 website by typing in “Extreme Heat Cooling Programs” in the “I am looking for:” bar.: <https://mi211.org/>
- **Check on vulnerable individuals.** Older adults, young children, and people with medical conditions are at higher risk of heat-related illnesses.
- **Never leave children or pets in a parked car, even with cracked windows.** Temperatures inside vehicles can rise to life-threatening levels within minutes.

Know the warning signs of heat-related illness, which may include:

- Heavy sweating
- Muscle cramps
- Weakness and dizziness
- Headache
- Nausea or vomiting
- Fainting
- Body temperature above 103°

If you suspect someone is suffering from heatstroke, call 911 immediately and take steps to cool them down. For more information and resources on staying safe during extreme heat, visit the [MDHHS Heat Awareness and Safety Fact Sheet](#).

