



## **NEWS RELEASE**

### **CITY OF DEARBORN HEIGHTS**

**Department of  
Emergency Management  
and Homeland Security**

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Mayor

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June 28, 2018

**For Immediate Release**

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**Hot, Humid Conditions Expected Over the Weekend –  
Residents Can Find Relief in Heights Public Buildings**

*Dearborn Heights, Michigan* - The National Weather Service is predicting hot and humid weather conditions for the next few days, with highs expected to reach into the mid to upper 90's. These extreme conditions can be dangerous, causing heat-related health problems for many individuals – particularly young children, seniors, overweight people, and those who are ill or on certain medications.

The City of Dearborn Heights reminds residents that a number of its public buildings, including its senior and recreational centers are available for temporary relief from the heat. Residents who are adversely affected by the heat and do not have access to air conditioning are welcome to visit these facilities for temporary relief. The facilities (and hours of operation) include:

**- John F. Kennedy Library, 24602 Van Born**

*Open Monday, Tuesday, Wednesday and Thursday 12 (noon) to 8:00 p.m.*

*Open Friday & Saturday 12 (noon) to 5:00 p.m.*

*(more)*

City of Dearborn Heights  
Emergency Management-Homeland Security  
25637 Michigan Avenue  
Dearborn Heights, Michigan 48125-1037  
(313) 277-7404

- **Richard A. Young Recreation Center, 5400 McKinley**

*Open Monday, Tuesday, Wednesday and Thursday 7:00 a.m. to 9:30 p.m.*

*Open Friday 7:00 a.m. to 7:30 p.m.*

*Open Saturday 9:00 a.m. to 4:30 p.m.*

*Open Sunday 11:00 a.m. to 5:30 p.m.*

On weekdays (Monday through Thursday), residents can also visit the City's Senior Centers for temporary relief from the heat:

- **Berwyn Senior Recreation Center, 16155 Richardson**

*Open Monday, Tuesday, Wednesday and Thursday 9:00 a.m. to 4:00 p.m.*

- **Eton Senior Recreation Center, 4900 Pardee**

*Open Monday, Tuesday, Wednesday and Thursday 9:00 a.m. to 4:00 p.m.*

In addition to the City-owned facilities, there are several other local locations in the area that serve as good places to escape the heat temporarily:

- **Malls & Shopping Centers** offer a great way to stay cool, get some shopping done, get some walking exercise, and take advantage of several other activities (such as movie theatres, dining, etc.);

- **Museums and Libraries** provide a great opportunity to stay cool indoors for an afternoon while viewing some items and information of interest, or catching up on some reading.

Particularly during these extreme conditions, all residents are advised to take heat-related precautions:

- Drink plenty of non-alcoholic fluids.
- Make sure your pets have access to plenty of fresh water.
- Reduce your intake of caffeinated beverages.

*(more)*

- Avoid strenuous outdoor work, and pace yourself – don't overdo it.
- Wear lightweight clothing.
- Pace yourself – don't overdo it.
- Stay cool indoors. If your home does not have air conditioning, visit a public building, such as one of the City's senior centers, libraries, or a nearby shopping mall (mentioned earlier in this document).
- Take cool showers or baths.
- Check on elderly, disabled or ill friends and relatives regularly.
- Do not leave children or pets in parked cars.
- Look out for your neighbors, particularly those who are elderly or experience physical limitations.

Under these conditions, heat stroke can occur quickly. Signs of heat stroke include a body temperature that exceeds 103 degrees, lack of sweating, rapid pulse, headache, nausea, confusion and even unconsciousness. If someone is suffering from these symptoms, health officials recommend the victim be cooled rapidly, to 101 or 102 degrees, and a call placed to 911 for immediate health care.

Pet owners should also be mindful to protect their pets from the extreme heat, by keeping them out of direct sunlight and hot environments as much as possible, and making sure they have plenty of cool drinking water.

For more information on coping with the heat, check the Centers for Disease Control and Prevention website at:

<https://www.cdc.gov/extremeheat/>

For more information on the local weather conditions, check the National Weather Service (White Lake, MI facility) website at:

<http://www.crh.noaa.gov/dtx/>

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