



KALAMAZOO COUNTY GOVERNMENT

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**NEWS RELEASE
FOR IMMEDIATE RELEASE**

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Excessive Heat Warning in Effect for Kalamazoo County: Cooling Station Opening Saturday, June 30

KALAMAZOO, MI— The National Weather Service has issued an Excessive Heat Warning that will be in effect from Friday, June 29, 12:00 p.m. until Sunday, July 1, 8:00 p.m. Excessive heat conditions are expected through the weekend with heat indices approaching 110° Saturday afternoon and around 105° Sunday afternoon.

The Kalamazoo County Health & Community Services Department is opening a cooling station to provide a temporary air-conditioned space and water for Kalamazoo County residents. The cooling station will open on Saturday, June 30 from 11:00 a.m. to 4:00 p.m. at the Douglass Community Association located at 1000 W. Paterson Street. Metro Transit will transport residents free of charge to and from the cooling station, and Red Cross volunteers will be present to assist those in need. The Health & Community Services Department will monitor the heat index over the weekend and may open the cooling station on Sunday, July 1, if the excessive heat continues. For current information, please visit www.kalcounty.com/hcs and the Health & Community Services Department's [Facebook Page](#).

"In a heat wave, keeping cool is critical to staying healthy," said Jim Rutherford, Health Officer of the Health & Community Services Department. "People and animals should stay indoors, especially during the hottest part of the day. If you do not have air-conditioning, go to the cooling shelter at the Douglass Community Association on Saturday or a public space with air-conditioning. Drink plenty of water and avoid caffeine and drinks with sugar. During physical activity, drink fluids every 15 to 20 minutes. When going out, wear light clothing and never leave any persons, especially infants or young children, or animals in a closed, parked vehicle."

Heat-related illnesses, like heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

HEALTH AND COMMUNITY SERVICES DEPARTMENT

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Anyone can develop heat illness, but some groups are at a higher risk. These groups are:

- Infants and children up to four years of age
- People outdoors
- Adults age 65 years of age and older
- People without air conditioning in their homes
- Overweight individuals
- People who have a serious illness such as heart disease or high blood pressure
- People who are on certain medications
- Workers who work outdoors or in hot environments

Symptoms of heat-related illness include:

- High body temperature
- Fatigue
- Restlessness
- Reduced and concentrated urine
- Rapid heart rate
- Dry mouth, nausea, or vomiting
- Dizziness
- Confusion
- Headache

Heat-related illnesses are preventable. Learn the symptoms and seek medical attention if needed.

For more information and the latest alerts about heat safety, including how residents can protect themselves from heat-related illness, how to recognize heat exhaustion and heatstroke, and what to do during a heat wave, Like and Follow the [Facebook Page](#) of Kalamazoo County Health & Community Services Department.

Resources:

- [National Weather Services](#)
- [Center for Disease Control, Extreme Heat Information](#)
- [Michigan Department of Health & Human Services, Health Illness Information](#)
- FEMA, www.ready.gov/heat

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Kalamazoo County Government
Health & Community Services Department



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