



NEWS RELEASE

MICHIGAN STATE POLICE

State Police Urge Michiganders to Stay Safe During Heat Wave

High Temperatures and Humidity to Last Through the Weekend

FOR IMMEDIATE RELEASE:

June 10, 2021

LANSING, MICH. With temperatures forecast to exceed 90 degrees at times across parts of lower Michigan through the weekend, the Michigan State Police, Emergency Management and Homeland Security Division (MSP/EMHSD) is urging residents and visitors to stay protected during the heat wave.

“Higher temperatures increase the risk of suffering a heat-related injury which has the potential to be life-threatening,” said Capt. Kevin Sweeney, deputy state director of Emergency Management and commander of the MSP/EMHSD. “By taking the proper precautions, you can reduce your risk of heat-related illness and be ready to help those who are most affected by severe heat.”

To prevent heat illness:

- Stay hydrated by drinking plenty of water.
- Avoid alcoholic and caffeinated drinks because they cause dehydration.
- Wear clothing that allows good air circulation.
- Limit vigorous activity.
- Try to schedule outdoor activities during the morning or evening hours to avoid the hottest part of the day.
- If outside, avoid direct sunlight by staying in the shade.
- Use air conditioning whenever possible. If you do not have air conditioning, consider finding locations with air conditioning or a cooling center. Once there, follow CDC guidelines to prevent the spread of COVID-19.
- Learn to recognize the signs of heat illness. For more information visit:
www.cdc.gov/disasters/extremeheat/warning.html

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To learn more about preparedness and being safe during the extreme heat, go to www.michigan.gov/miready or follow the MSP/EMHSD on Twitter at [@MichEMHS](https://twitter.com/MichEMHS).

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The Michigan State Police, Emergency Management and Homeland Security Division is responsible for coordinating state and federal resources to assist local government in response and relief activities in the event of an emergency or disaster, as well as coordinating homeland security initiatives and various federal grants.

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