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A multi-day statewide high heat event is expected for the week of June 29 based on forecasts from the [National Weather Service HeatRisk tool](#). The heat risk levels will span from moderate, to major, and to extreme in some areas by the middle of the week. "Major" heat risk can affect anyone without adequate cooling and hydration. "Extreme" heat risk is rare and/or long-duration extreme heat with no overnight relief affecting anyone without cooling/hydration as well as health systems, industries and infrastructure.

- The forecast shows moderate heat risk will begin on Sunday June 28 in Central to Southern West Michigan, spreading to nearly the entire state on Monday June 29.
- The Western Upper Peninsula and most of the Lower Peninsula is forecasted to experience major heat risk starting on Monday June 29.
- Major heat risk is forecasted to continue through the week, with a large portion of the Lower Peninsula experiencing the highest risk level – extreme - beginning Wednesday 7/1.
- During this period, daytime temperatures are expected to reach the mid- to upper- 90s with heat index values above 100F.
- Nighttime temperatures are forecasted to remain in the mid-70s.
- With multiple days of daytime heat index values expected to be in the 100s, and little relief due to higher nighttime temperatures across much of the lower peninsula, we anticipate increases in emergency department visits for heat-related illness.

Public health and emergency response professionals are encouraged to:

- Encourage Michiganders to monitor heat risk in their area at cdc.gov/heatrisk.
- Monitor the HeatRisk tool on the NWS website in order to view the risk level for multiple areas: <https://www.wpc.ncep.noaa.gov/heatrisk/>.
- County emergency managers can update their cooling center information with MI 211 by emailing disasters@mi211.org or directly contacting their regional 211 center representative.

Heat and Health Tips:

- Watch out for heat illness symptoms in yourself, co-workers, and neighbors during hot weather. Symptoms of heat-related illness vary, but may include: heavy sweating, muscle cramps, weakness, confusion, disorientation, slurred speech, dizziness, headache, nausea, vomiting, fainting, tiredness, and high body temperature.
- Fans are effective only if indoor temperatures are less than 90°F. With indoor temperatures above 90°F, a fan can increase body temperature.

All are encouraged to share the below heat and health resources. You can also [order FREE printed resources](#) about heat and health and other climate topics from the MDHHS Clearinghouse.

Heat and Health Resources:

- [Outdoor and Indoor Workers: Prevent Heat Illness at Work Poster](#)
- [Clinical Guidance: General](#)
- [Create a Heat Action Plan with Your Patient](#)
- [Clinical Guidance: Asthma](#)
- [Clinical Guidance: Cardiovascular Disease](#)
- [Clinical Guidance: Pregnancy](#)
- [Clinical Guidance: Heat and Medications](#)
- MDHHS Heat and Health Fact Sheet - [English](#)
- MDHHS Heat and Health Fact Sheet - [Arabic](#)
- MDHHS Heat and Health Fact Sheet - [Bengali](#)
- MDHHS Heat and Health Fact Sheet - [Spanish](#)

MDHHS Toxicology and Environmental Health Hotline - 1-800-648-6942 (Monitored M-F, 8 a.m. to 5 p.m., with afterhours service for emergency)

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