



# EXTREME HEAT IN THE CITY OF DETROIT

Extreme heat affects us all. Detroiters are especially vulnerable to extreme heat-related hazards in the hot summer months. **Extreme heat means temperatures that are 10 degrees or more above the average high temperature, that last for prolonged periods of time and are accompanied by high humidity. For us, this typically means 90 degrees or higher.**

Detroit has lots of concrete and asphalt that trap heat, along with areas that lack tree canopy coverage. As a result, Detroit can often have higher temperatures than the surrounding areas.

## What To Do BEFORE Extreme Heat

- ❑ Sign up for **Detroit365 Mobile Alerts** to stay informed about emergencies related to weather here: [detroitalerts365.org](https://detroitalerts365.org)
- ❑ Make an **emergency plan** for extreme heat
  - A/C is the best way to stay safe during extreme heat events
  - Power outages may occur. Have emergency supplies on hand to prepare for a potential loss of power. Notify DTE immediately if your power goes out.
- ❑ **Protect your home** from extreme heat
  - Consider high-performance windows and shades (such as blackout curtains).
  - Check the condition of your A/C and ventilation systems.
  - Insulate your home.

## What To Do DURING Extreme Heat.

Check on your neighbors and protect your pets! A quick phone call or visit to a neighbor can help prevent heat-related illnesses.

- Never leave children or pets in the car during hot days. Call 911 if you see a child or pet in a hot car.
- Make sure your family, neighbors, and pets have access to food and water.
- Keep your pet in shaded areas when they are outdoors.
- Avoid exercising outdoors for long periods of time.
- Conserve water and power

## What is Heat Illness?

Folks with certain medical conditions are more susceptible to heat illness:

- Heart disease or other cardiovascular issues
- Asthma or other respiratory conditions
- Kidney disease
- Obesity
- Diabetes
- Schizophrenia, bipolar disorder, or other psychiatric disorders
- Disabilities or functional needs like trouble regulating body temperature, including being on medications that make you more susceptible to heat impacts

If you have one or more of these conditions, make sure to take steps to gain access to air conditioning, which can lessen your risk of severe heat illness.

**Identify locations in your neighborhood where you can go to beat the heat, like recreation centers, shopping centers, movie theaters, libraries, or pools.**

## What are common symptoms of heat-related illnesses?

There are two main types of heat illness: heat exhaustion and heat stroke. Heat stroke can be fatal. Call 911 if you're experiencing any of the following symptoms on a hot day:

- Hot, dry skin
- Nausea or vomiting
- Trouble breathing
- Fast pulse
- Weakness or dizziness
- Confusion
- Loss of consciousness
- Heavy sweating and cold, clammy skin
- Muscle cramps
- Lightheadedness or dizziness
- Headache
- Nausea

## What Does the City Do During Extreme Heat?

During periods of extreme heat, the City of Detroit designates all recreation centers as cooling centers. Cooling centers have air-conditioning and operate during daytime hours. Recreation centers are free and open to the public during times of extreme heat.

*Last modified: July 2024*

**Want more information?** Visit [detroitmi.gov/preparedness](https://detroitmi.gov/preparedness)