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| **City of Detroit Activates Cooling Centers to Keep Residents Safe Amid Extreme Heat**    With temperatures expected to reach the low to middle 90s Tuesday and Wednesday, the Detroit Health Department is collaborating with the Detroit Recreation Centers to provide residents with a safe space to seek relief from the heat during normal hours of operation.  The following three centers will be open between 10 a.m. and 10 p.m.:   * Patton Recreation Center at 2301 Woodmere Street * Heilmann Recreation Center at 19601 Brock Avenue * Northwest Activities Center at 18100 Meyers Road   Detroit Public Library locations will also serve as centers during their normal operating hours for residents seeking relief. Details about hours of operation at individual library branches can be found at [www.detroitpubliclibrary.org/locations](http://www.detroitpubliclibrary.org/locations).    “We want to ensure everyone in the city of Detroit has a safe place to go to escape the extreme heat,” said Chief Public Health Officer, Denise Fair Razo. “It’s incredibly important for everyone to take extra precautions and please be sure to check in on your loved ones, neighbors and pets over the coming days.”  During times of extremely high temperatures, the Detroit Health Department recommends everyone drink more water, limit time spent outside during the hours of 10 a.m. to 10 p.m. and be on the lookout for signs of heat exhaustion and heat stroke, such as nausea, confusion, rapid or slowed heart rate. For further tips, visit our website at [www.detroitmi.gov/health](http://www.detroitmi.gov/health).  For additional safety tips, visit [www.detroitmi.gov/DHSEM](http://www.detroitmi.gov/DHSEM) and search “severe weather.”  For additional information about symptoms of heat-related illness, including when to seek medical help, can be found on the Centers for Disease Control and Prevention (CDC) website: [click this link](https://www.cdc.gov/extreme-heat/prevention/?CDC_AAref_Val=https://www.cdc.gov/disasters/extremeheat/warning.html).  # # # |
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