



FOR IMMEDIATE RELEASE

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Extreme Heat Advisory for Van Buren and Cass County

Van Buren/Cass District Health Department Urges Residents to Prepare for Dangerous Heat Conditions

Lawrence, MI- Van Buren/Cass District Health Department (VBCDHD) is urging residents to take precautions as dangerously hot temperatures are expected across Southwest Michigan from **Monday, June 29th, through Wednesday, July 1st.**

Forecasts indicate daytime temperatures in the 90s, with heat index values expected to make conditions feel like the upper 90s to low 100s. Prolonged exposure to extreme heat can lead to serious health complications, including heat exhaustion and heat stroke. VBCDHD encourages all residents to take this heat event seriously, especially older adults, young children, individuals with chronic medical conditions, outdoor workers, and those without access to air conditioning.

How to Stay Safe During Extreme Heat

The Michigan Department of Health and Human Services (MDHHS) recommends the following precautions during periods of extreme heat:

- **Stay hydrated.** Drink plenty of water throughout the day, even if you do not feel thirsty.
- **Seek air-conditioned spaces.** Spend time in air-conditioned buildings such as libraries, community centers, shopping centers, or other public facilities when possible.
- **Limit outdoor activities.** Avoid strenuous activities during the hottest part of the day, typically between 10 a.m. and 6 p.m.
- **Never leave children or pets in vehicles.** Temperatures inside a parked vehicle can rise to dangerous levels within minutes.
- **Check on vulnerable individuals.** Older adults, infants, young children, and those with medical conditions are at greater risk for heat-related illnesses.
- **Know the warning signs.** Symptoms of heat exhaustion may include heavy sweating, dizziness, weakness, nausea, headache, and muscle cramps. Heat stroke is a medical emergency and may include confusion, loss of consciousness, or a body temperature above 103°F. Call 911 immediately if heat stroke is suspected.

Residents can find the most up-to-date information about programs, services, and hours of operation on the health department website at www.vbcassdhd.org or by calling 269-621-3143. Visit the VBCDHD Facebook



PUBLIC HEALTH ADMINISTRATION

page for updates on closings, health alerts, and general health education at
<https://www.facebook.com/VBDHD>.