



Media Alert

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WCSO ISSUES HEAT ADVISORY, TIPS TO STAY SAFE

Sheriff Benny Napoleon urges caution for those working or playing outdoors.

Detroit (July 7, 2010) -- One more day of temperatures soaring into the 90's has **Wayne County Sheriff Benny Napoleon urging everyone to use caution if you must be outside in the heat.** A Heat Advisory and Ozone Action Day means today's 93-degree forecast with increasing humidity will actually feel more like 98 degrees or higher to people venturing outdoors. According to the CDC, those at greatest risk for heat-related illness include infants and children up to four years old, people 65 or older, and those who are overweight, ill or on certain medications. Signs of heat stroke include: a body temp above 103 degrees; red, hot and dry skin (no sweating); rapid pulse, throbbing headache; dizziness, nausea, confusion and unconsciousness.

“Oppressive heat like this puts us all on high alert to watch out for anyone showing signs of heat-related stress,” said Sheriff Napoleon. “Keep in mind, not everyone has air conditioning. And there are many people who work jobs or have activities requiring them to be out in the heat. **That’s why I’m asking everyone to make to check on your loved ones, friends and neighbors—especially seniors—to make sure they’re not suffering in this heat.**” It’s also vital you never leave children or pets sitting inside parked vehicles for any length of time. The heat inside an enclosed vehicle on a 90-degree day can reach triple digits within minutes.

“Even if you think you won’t be gone long, it only takes a few minutes for someone to pass out in a sweltering hot car. Make sure every time you park your car in this heat, everyone gets out safely,” said Sheriff Napoleon. WCSO Road Patrol crews will keep a watchful eye for potentially dangerous situations like this. WCSO Marine unit officers will also be watching for boaters showing signs of heat distress on area waterways. Some other tips to remember in this dangerous heat:

- Drink plenty of water, taking care to avoid caffeine or alcohol** (alcohol accelerates dehydration.)
- Dress in loose-fitting clothes and always wear a hat** to keep the sun off your heat (particularly children).
- Avoid outdoor activities** that require you to be in direct sunlight.
- If you must be outside, **use Sunscreen with an SPF 15 or higher** (reapply every 2 hours).
- Brown-outs are common during Ozone Action Days. **Try to conserve energy from constantly using the air conditioner by closing drapes and blinds to block off sunlight.**
- Never leave pets outside** exposed to the sun and temperatures. Bring them indoors or in a shaded area and provide extra water.
- If you have no air conditioning, **seek relief in a public location like a mall, community center or designated cooling shelter.**

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