

**FOR RELEASE:** July 11, 2011  
**DEPT. CONTACT:** Michael McElrath (313)-876-2033 or 815-6799  
Jennifer Roberts (313) 224-1907 or (313) 475-0116

## **CITY OF DETROIT COOLING CENTERS OPEN TODAY DUE TO EXTREME SUMMER HEAT**

When the summer heat reaches extreme temperatures, it is critical to take steps to keep cool and prevent heat illness. To provide a safe and cool way to protect yourself from the heat, the Detroit Recreation Department has two locations as cooling centers available that provide air conditioned comfort and protection from the heat. The cooling centers are open today. Please see the information below for the locations and hours of cooling centers, followed by tips on keeping cool in summer's heat.

When temperatures rise above 90 degrees, everyone is at risk, but the elderly and the very young are most susceptible to heat and heat-related illness. Signs of heat-related illness include headache, dizziness, nausea, heavy sweating, confusion and pale or flushed skin. The American Red Cross recommends the following treatment for persons with heat-related illness:

- Move the victim to a cool place.
- Give cool water to drink.
- Apply ice packs or cool wet cloths to the skin.
- If a victim refuses water, vomits, or loses consciousness, call 9-1-1 immediately.

**(more)**

## COOLING CENTERS-2

### Preventing Heat Illness

- Stay indoors if possible. Stay in an air-conditioned place. If your home does not have air conditioning go to a public place with air conditioning. If outside, stay in the shade.
- Drink water. Even if you do not feel thirsty. Avoid alcohol and caffeine, which dehydrate the body.
- Wear light-colored clothing. (Avoid wearing black clothes, especially if you're in direct sunlight.) Loose fitting, lightweight, light-colored clothing reflects away the heat. Protect yourself from the sun by wearing a wide-brimmed hat and sunglasses.
- Never leave a person, especially children or the elderly or a pet in a closed, parked vehicle. The temperature inside the car can increase to 30-40 degrees hotter than the outside temperature.
- Slow down and avoid strenuous activity. If you must work outside, take frequent breaks.
- Visit persons at risk twice daily and watch them for signs of heat illness.
- Speak with your doctor about any medications you are taking to learn if they may interfere with your body's ability to regulate temperature.
- Do not use salt tablets unless directed to do so by a physician.

Below is a list of cooling centers. For more information, please contact the Detroit Department of Health and Wellness Promotion Office of Emergency and Public Health Preparedness at (313) 876-4300.

### Recreation Centers

**Joseph Walker Williams Center**  
8431 Rosa Parks Blvd.  
Detroit, MI 48206  
(313) 628-2039  
Monday – Friday 10 a.m. - 6 p.m.

**Coleman A. Young Recreation Center**  
2751 Robert Bradby Dr.  
Detroit, MI 48207  
(313) 628-2039  
Monday-Friday Noon – 8 p.m.

(more)

## COOLING CENTERS-3

### Detroit Public Libraries

#### Main Library

(313) 481-1300  
5201 Woodward  
Avenue/Warren  
T, W: 12:00-8:00  
Th, F, Sa: 10:00-6:00

#### Campbell Branch

(313) 481-1550  
8733 W. Vernor  
T, Th, F: 10:00-6:00  
M, W: 12:00-8:00

#### Chandler Park Branch

(313) 481-1560  
12800 Harper/Dickerson  
M, W, F: 10:00-6:00  
T, Th: 12:00-8:00

#### Chaney Branch

(313) 481-1570  
16101 Grand River/Greenfield  
M, W, F: 10:00-6:00  
T, Th: 12:00-8:00

#### Chase Branch

(313) 481-1580  
17731 W. Seven M./Southfield  
M, W, F: 10:00-6:00  
T, Th: 12:00-8:00

#### Conely Branch

(313) 481-1590  
4600 Martin/Michigan  
M, W, F: 10:00-6:00  
T, Th: 12:00-8:00

#### Edison Branch

(313) 481-1720  
18400 Joy Rd./Southfield  
T, Th, F: 10:00-6:00  
M, W: 12:00-8:00

#### Elmwood Park Branch

(313) 481-1730  
550 Chene/Lafayette  
M, W, F: 10:00-6:00  
T, Th: 12:00-8:00

#### Franklin Branch

(313) 481-1740  
13651 E. McNichols/Gratiot  
M, W, F: 10:00-6:00  
T, Th: 12:00-8:00

#### Hubbard Branch

(313) 481-1750  
12929 W. McNichols/J.  
Couzens  
T, Th, F: 10:00-6:00  
M, W: 12:00-8:00

#### Jefferson Branch

(313) 481-1760  
12350 E. Outer Drive/E. Warren  
T, Th, F: 10:00-6:00  
M, W: 12:00-8:00

#### Knapp Branch

(313) 481-1770  
13330 Conant/E. Davison  
T, Th, F: 10:00-6:00  
M, W: 12:00-8:00

#### Mark Twain Annex

(313) 481-1790  
Mt. Calvary Missionary Baptist  
Church  
4741 Iroquois  
M, W, F: 10:00-6:00  
T, Th: 12:00-8:00

#### Parkman Branch

(313) 481-1810  
1766 Oakman Blvd./Linwood  
T, Th, F: 10:00-6:00  
M, W: 12:00-8:00

#### Redford Branch

(313) 481-1820  
21200 Grand River/W.  
McNichols  
T, Th, F: 10:00-6:00  
M, W: 12:00-8:00

#### Sherwood Forest Branch

(313) 481-1840  
7117 W. Seven Mile/Livernois  
M, W, F: 10:00-6:00  
T, Th: 12:00-8:00

#### Skillman Branch

(313) 481-1850  
121 Gratiot / Library  
M, T, W, Th, F: 10:00-6:00

#### Wilder Branch

(313) 481-1870  
7140 E. Seven Mile/Van Dyke  
T, Th, F: 10:00-6:00  
M, W: 12:00-8:00

PR-11-080