



# Stay Safe in Hot Weather

Need a place to cool off? Visit a public library!



## Libraries in Lenawee:

### **LENAWEE DISTRICT LIBRARY**

**Main Branch:** 4459 W. US 223, Adrian, MI

Monday - Thursday: 9:30 a.m. - 8 p.m.

Friday and Saturday: 9:30 a.m. - 5:30 p.m.

**Addison Branch:** 102 S. Talbot St, Addison, MI

Monday, Wednesday, Thursday and

Friday: 1 p.m. - 6 p.m.

Saturday: 9:30 a.m. - 1 p.m.

**Britton Branch:** 120 College Ave, Britton, MI

Monday and Friday: Noon - 6 p.m.

Wednesday: 10 a.m. - 4 p.m.

Saturday: 10 a.m. - 1 p.m.

**Clayton Branch:** 3457 State St, Clayton, MI

Monday and Wednesday: 2 p.m. - 7 p.m.

Friday: 2 p.m. - 6 p.m.

Saturday: 11 a.m. - 2 p.m.

**Deerfield Branch:** 170 Raisin St, Deerfield, MI

Monday and Friday: 2 p.m. - 6 p.m.

Wednesday: 2 p.m. - 8 p.m.

Thursday: 10 a.m. - 3 p.m.

Saturday: 10 a.m. - 1 p.m.

**Onsted Branch:** 261 S. Main St, Onsted, MI

Monday and Wednesday: 1 p.m. - 6 p.m.

Thursday and Friday: 10 a.m. - 4 p.m.

Saturday: 9:30 a.m. - 12:30 p.m.

### **ADRIAN DISTRICT LIBRARY**

143 E. Maumee St, Adrian, MI 49221

Monday - Thursday: 10 a.m. - 8 p.m.

Friday: 10 a.m. - 5:30 p.m.

Saturday: 10 a.m. - 3 p.m.

### **BLISSFIELD PUBLIC LIBRARY**

407 S. Lane St, Blissfield, MI 49228

Monday, Wednesday, Friday,

Saturday: 10:30 a.m. - 5 p.m.

Tuesday and Thursday: 1 p.m. - 8 p.m.

### **SAND CREEK: READ IT AND REAP LIBRARY**

6193 Railroad St Box 86, Sand Creek, MI 49279

Monday: 1 p.m. - 7 p.m.

Tuesday, Wednesday and Friday: 11 a.m. - 5 p.m.

### **TECUMSEH DISTRICT LIBRARY**

215 N. Ottawa St, Tecumseh, MI

Monday - Thursday: 10 a.m. - 8 p.m.

Friday and Saturday: 10 a.m. - 5 p.m.

# Heat Related Illness Information from the Centers for Disease Control and Prevention

<https://www.cdc.gov/disasters/extremeheat/index.html>

## HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or damp skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 right away-heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You're on a low-sodium diet</li><li>• You have heart problems</li></ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul>

