



2025 Summer Weather Resources

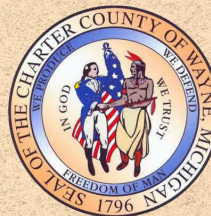
When temperatures rise above 90 degrees, everyone is at risk, but the elderly and the very young are most susceptible to heat and heat-related illness. Signs of heat-related illness include headache, dizziness, nausea, heavy sweating, confusion and pale or flushed skin. The American Red Cross recommends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

- Move them to a cool place.
- Give them cool water to drink.
- Apply ice packs or cool, wet cloths to the skin.
- If they refuse water, vomit, or lose consciousness, **call 9-1-1 immediately.**

Please find a list of cooling centers in the links below:



[City of Detroit](#)



[Wayne County](#)



DWIHN 24 Hour Helpline

800-241-4949