



STATE REPRESENTATIVE
BRENDA CARTER

Dear Neighbor,

I am honored to serve as state representative for the 29th House District and am proud to be a strong advocate in Lansing for the residents and families of our community. Please encourage your friends and family to stay connected and subscribe to this e-newsletter. It will keep you up-to-date on legislation and policies coming from the Capitol, as well as my coffee hours and other community events I will host so we can get together face-to-face.



I'm here to help:

In this issue:

- **Stay Safe and Cool During Summer Heat Wave**

Stay Safe and Cool During Summer Heat Wave

Phone:
(517) 373-0475

Email:
BrendaCarter@house.mi.gov

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With the approaching heatwave, it is important to remember to stay cool and hydrated. Michigan's projected heat index will be over 100 degrees in many areas and last through the weekend. Cranking up the A/C may seem like the only solution, but it will raise your energy bill. As an alternative, try these tips:

- Leave the thermostat set between 75 and 78 degrees.
- Wear light-colored and lightweight clothing.
- Drink plenty of water and don't wait until you are thirsty.
- Avoid liquids with large amounts of sugar and alcohol.
- Limit outdoor activities to when it's coolest in the morning and evening.

- Spend time indoors in air conditioning.
- Wear sunscreen, as sunburn affects a body's ability to cool down

If you don't have air conditioning in your home and need a place to go to cool down, click [here](#) for a list of emergency cooling centers.

In addition to staying hydrated and out of the sun, remember to check on elderly relatives and neighbors, and never leave children or pets alone in a car even with the windows cracked. Temperatures inside a vehicle can easily be double the temperature outside, and because a child's body heats up three to five times faster than an adult's they are more susceptible to heatstroke.

Heat exhaustion and heatstroke are both serious concerns with current temperatures. Signs of heat-related illness vary but may include: heavy sweating, muscle cramps, weakness, dizziness, headache, nausea or vomiting, fainting, an extremely high body temperature (above 103°F) and tiredness. Heatstroke occurs when the body is unable to regulate its temperature and can result in death if not treated promptly.

For more information about how to protect yourself and your loved ones from heat-related illness, visit the [Centers for Disease Control and Prevention's website](#).

In Service,

State Representative Brenda Carter

29th House District

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