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Professionally and Compassionately Helping People

Beat the Heat this Weekend

Kent, Wash. - June 3, 2016- The National Weather Service has forecast temperatures in the mid to high 80s this weekend. These weather conditions can create problems for anyone, especially the elderly, the young, and the unprepared.

Stay cool:

- Stay indoors - especially if you are sensitive to the sun and heat. Consider visiting a mall, theatre, or other air-conditioned location.
- Shut the blinds or drapes on any windows that receive morning or afternoon sun.
- Dress in lightweight clothing.
- Check on elderly family members and acquaintances frequently.

Drink liquids:

- Drink plenty of water or other non-caffeinated/non-alcoholic beverages.
- Take bottled water if you plan on spending time outdoors. Bring extras for those who forget to plan ahead.

When outdoors:

- Limit your exposure to direct sunlight.
- Wear sunscreen on all exposed skin surfaces. Children are especially susceptible to burning.
- Wear a hat.
- Consider scheduling strenuous activities during the early morning or in the evening when it is cooler.
- Never leave children or pets unattended in a vehicle - even for a short period of time.

Water safety:

- Always supervise children when near any body of water.
- Wear a properly fitting, Coast Guard approved life jacket.
- Swim at locations that have a lifeguard on duty.
- River and lake water temperatures are still very low and can quickly sap your strength.
- Always take a buddy and a cell phone when near the water.
- Remember that alcohol and water activities, including boating, do not mix.

Recognize the signs of heat exhaustion and hyperthermia:

- Headache
- Muscle cramping
- Profuse sweating
- Nausea/Vomiting
- Fainting

If you or someone with you exhibits some or all of these symptoms, get to a cool place and call 9-1-1 if needed. More tips in English, Spanish, Chinese Vietnamese, Russian, and Korean are available on the Beat the Heat webpage at www.kingcounty.gov/health/beattheheat.aspx.

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