

Professionally and Compassionately Helping People

Beat the Heat

Kent, Wash. - June 9, 2015- The National Weather Service has forecast temperatures between the mid-seventies and mid-eighties for the rest of this week. 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/alcohol 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.

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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