



FOR IMMEDIATE RELEASE

Summer and Heat Have Arrived

Kent, Wash – June 21, 2017 – Welcome to the Summer Solstice, which is the beginning of summer and the longest day of the year. It looks like this weekend and the foreseeable future are full of very warm weather with highs in upper 80s to low 90s.

Warm weather means people will be outdoors. It also means that local fire departments will see an increase in weather related incidents. So be safe and follow these tips:

Never leave children or pets in vehicles:

- Check the backseat before exiting vehicle
- Leave yourself reminders to check on the child
- Have schools and daycares report absences immediately

Stay cool:

- Stay indoors – Consider visiting a mall, theatre, or other air-conditioned location.
- Shut the blinds or drapes on any windows that receive morning or afternoon sun.
- 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.

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
- Call 911 if signs and symptoms are severe

BBQ safety:

- Check the BBQ before using it for damage
- Keep a kid-free zone around the BBQ for their safety
- Keep BBQs well away from flammable materials such as sun umbrellas
- Always stay near the BBQ when it is in use
- Alcohol and BBQing do not mix well

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