



## FOR IMMEDIATE RELEASE

### Summer-Like Heat Coming Soon

Kent, Wash – June 15, 2018 – Although summer doesn't officially start until June 21<sup>st</sup>, we're going to start receiving some summer-like weather this weekend. Saturday is scheduled to be in the mid-70s and Sunday in the low to mid 80s. The high temperatures continue into at least late next week.

What do you need to know to protect you and your family?

#### **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.

#### **When outdoors:**

- Limit your exposure to direct sunlight.
- Wear sunscreen on all exposed skin surfaces. Children are especially susceptible to burning.
- 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.

#### **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.
- Go to [www.facebook.com/pugetsoundfire](http://www.facebook.com/pugetsoundfire) and check out our life jacket video

#### **Windows:**

- Lock upstairs windows to ensure children cannot fall out.
- Remember that screens keep bugs out, not kids in.
- Keep items away from windows that attract kids or allow them easy access to window sills.

---

**MEDIA CONTACT: ### Captain Kyle Ohashi, PIO**  
24611 116th Avenue SE, Kent, Washington 98030  
**Desk 253.856.4481 - Cell 206.972.4082**