

The Heat is on:

Stay Safe This Week

Dangerously high temperatures are expected across parts of Washington this week, with some areas reaching **nearly 100 degrees by Wednesday**.

Please take precautions to protect yourself and those around you, especially Elders, young children, pregnant people, and anyone with health conditions.

Stay cool and safe with these tips:

- Drink plenty of water – avoid alcohol and sugary drinks
- Stay indoors or find shade when possible
- Keep homes cool by closing blinds/windows during the day
- Visit a cooling center — **call 2-1-1 to find one near you**
- NEVER leave kids or pets in the car
- Check in on relatives, neighbors, and Elders
- Be water-wise — rivers and lakes are still cold, wear life jackets
- Practice fire safety — winds and dry conditions increase fire risk

Stay hydrated, stay cool, and stay safe.

Learn more and find resources:

[Cooling Centers](#)

[National Weather Service](#)

[WA Dept. of Health](#)

Heat-Related Illnesses

HEAT STROKE

WHAT TO LOOK FOR:

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)



WHAT TO DO

- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool clothes or a cool bath
- Do not give the person anything to drink

