



# Yakima Health District

## Media Release

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### **Excessive Heat Watch in Effect Friday, June 25 through Thursday, July 1**

**Yakima, WA-** The National Weather Service has issued an excessive heat watch for several areas in Washington and Oregon. It will be in effect Friday, June 25<sup>th</sup> through Thursday, July 1<sup>st</sup>, with daytime temperatures expected to reach between 105 and 111 degrees Fahrenheit. The Yakima Health District is advising community members to take steps to prevent heat-related illness as well as continue to take precautions against COVID-19.

While extreme heat can put everyone at risk from heat illnesses, health risks are greatest for people 65 and older, children younger than two, and people with chronic diseases or mental illness.

The Yakima Health District recommends taking these additional steps to stay cool and safe:

- Stay indoors and in an air-conditioned environment as much as possible.
- Drink plenty of fluids, water is best.
- **Never** leave any person or pet in a parked vehicle or outdoors without any protection from the sun for an extended period.
- Limit outdoor activity, especially midday when the sun is the hottest.
- Use sunscreen and wear loose lightweight, light-colored clothing.

Symptoms of heat-related illness include dizziness, nausea, headaches, and muscle cramps. If you start experiencing these symptoms, immediately move to a cooler location to rest and drink a cool beverage, ideally in the shade. If you or a family member experience symptoms and begin to lose consciousness, call 9-1-1 immediately.

### **Additional Safety Tips for Summer**

#### **Food Safety**

As fully vaccinated people begin safely engaging in more activities, we encourage individuals to follow food safety steps to protect themselves and loved ones from any foodborne illness.

1. Wash hands and surfaces frequently. Additionally, make sure fruits and vegetables are rinsed.
2. Do not cross contaminate foods. Make sure to keep raw meat, poultry, seafood, and eggs separate from ready-to-eat foods and use separate cutting boards and plates.
3. With a thermometer, check to make sure the food is cooked to the right temperature.
4. Refrigerate food promptly to avoid bacteria growing if left at room temperature.



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## Water Safety

As summer is approaching, it is important to stay informed on water safety to prevent drowning. Ensure every member of your family learns to swim and utilize life jackets, even if you're on a boat. It is crucial to have close supervision of children to prevent drowning and never swim alone.

## Quote

“With temperatures rising, we encourage individuals to stay safe from the heat. If you do not have air conditioning, consider seeking alternative spaces to remain cool, such as the mall or a library. Additionally, now that fully vaccinated people can gather safely with other fully vaccinated people indoors, consider inviting a friend, family member, or neighbor to your home if they do not have air conditioning. If you're not vaccinated, make sure to wear a mask. Let's stay safe.” -Nathan Johnson, Local Emergency Response Coordinator

## Additional Information

[Centers for Disease Control and Prevention: Keep Your Cool in Hot Weather!](#)

[National Weather Service](#)

[Centers for Disease Control and Prevention: Basic Food Safety](#)

[American Red Cross: Water Safety](#)

[Yakima County Fire Marshal Declares Emergency Burn Ban Friday June 25-Monday July 12](#)

Due to the extremely high temperatures, dry conditions and the lack of available water resources, the Yakima County Fire Marshal has declared a **ban on all open burning in the unincorporated areas of Yakima County**.

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