



# Media Release

For immediate release: July 12, 2022

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## Heat Advisory for Areas in Washington and Oregon

**Yakima, WA-** The [National Weather Service](#) has issued a heat advisory for several areas in Washington and Oregon. It will be in effect today, July 12<sup>th</sup>, from 12:00pm to 9:00pm, with daytime temperatures expected to reach between 100 to 105 degrees Fahrenheit. The Yakima Health District is advising community members to take steps to prevent heat-related illness.

While extreme heat can put everyone at risk for heat illness, health risks are greatest for people 65 and older, children younger than two, and people with chronic 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 heat for an extended period.
- Limit outdoor activity, especially midday when the temperature is the hottest.
- Use sunscreen and wear loose lightweight, light-colored clothing.
- Check on elderly neighbors and relatives to make sure they are staying safe.

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 individuals begin to engage in more summer activities, the Yakima Health District encourages

individuals to follow food safety steps to protect themselves and loved ones from any foodborne illnesses:

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.

### **Water Safety**

As summer activities continue, it is important to stay informed on water safety to prevent drowning. While the temperatures are high, water temperatures can remain dangerously cold. You can ensure you and your family are safe on the water by ensuring every member of your family learns to swim, utilize life jackets, have close supervision of children, and never swim alone while enjoying water recreational activities.

### **Additional Information**

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

[Centers for Disease Control and Prevention: Warning Signs and Symptoms of Heat-Related Illness](#)

[National Weather Service](#)

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

[American Red Cross: Water Safety](#)

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