



Media Release

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Locations for Individuals to Stay Cool in the Heat

Yakima, WA- Temperatures are expected to be in the triple digits beginning next week with daytime temperatures expected to reach between 104 to 109 degrees Fahrenheit. It is crucial to stay safe during this extreme heat to prevent heat-related illnesses. The Yakima Health District encourages individuals and families who do not have air-conditioning to visit locations, such as the [Yakima Valley Mall](#), the [Yakima Valley Libraries](#), Wesley United Methodist Church, or other local businesses to remain cool during this time. Wesley United Methodist Church, located at 14 N 48th Ave, Yakima, WA 98908, will be open next week Monday-Friday from 9:00am-5:00pm for community members who need a place to stay cool.

Steps to Prevent Heat-related Illness

There are various ways to prevent heat-related illnesses. Extreme heat can put anyone at risk for heat illness, however health risks are greatest for people 65 and older, children younger than two, and people with chronic or mental illness. Taking these additional steps will help to stay 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.

It is important to know the symptoms of heat-related illness to know what to do next. Individuals may experience heat stroke, heat exhaustion, heat cramps, sunburn, or heat rash. If you or a family member experience symptoms and begin to lose consciousness, call 9-1-1 immediately.



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](#)

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