



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.

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or clammy skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) 	<ul style="list-style-type: none"> • 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 cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) 	<ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms 	<ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems
SUNBURN	
<ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin 	<ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters
HEAT RASH	
<ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) 	<ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash



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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