



FOR IMMEDIATE RELEASE
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Heat beat: Slow down, drink water, seek shade during a 'heat wave'

Check on your neighbors -- oldest, youngest, sickest more likely to suffer in prolonged heat

SNOHOMISH COUNTY, Wash. --- A pretty day can kill you. High temperatures combined with high humidity over time create the climate for heat stroke and heat exhaustion in people and animals. Elders, babies, overweight and chronically ill people are especially vulnerable to heat illness. Snohomish Health District urges you to beat the heat safely – with these tips:

- **Drink water** – cool water is best. Don't wait until you're thirsty – sip 2 to 4 glasses of water every hour. Avoid drinks containing alcohol, caffeine, or a lot of sugar. Put out extra water for pets. Don't take salt tablets unless your doctor tells you to do so. If you take water pills, ask your doctor how much you should drink in hot weather.
- **Slow down** – cut back on strenuous activity, and take frequent rest breaks in the shade.
- **Dress light** – lightweight, light-colored, loose-fitting clothing helps your body cool off.
- **Eat light** – choose cool, easy-to-digest foods such as fruit and salads.
- **Stay indoors** in an air-conditioned place, such as a movie theater or shopping mall (check for cooling centers here). At home, pull curtains or shades to keep rooms cool. Use window stops to prevent children from falling out, and move fans out of their reach. Check railings for safety on decks and porches.
- **NEVER leave children or pets in a closed, parked vehicle.**
- **Outdoors**, wear a wide-brimmed hat and sunglasses, try to limit your outside time to cooler morning and evening hours, and use sunscreen that will block both kinds of ultraviolet light, UVA and UVB.
- **Visit** your elderly neighbors and watch them for signs of heat exhaustion or heat stroke.

Related links:

- Centers for Disease Control & Prevention heat stress pages: <http://www.bt.cdc.gov/disasters/extremeheat/>
- National Weather Service forecasts and weather alerts: <http://www.wrh.noaa.gov/sew/>
- Washington State Department of Health: <http://www.doh.wa.gov/Topics/heatsafe.htm>

Incorporated in 1959, the Snohomish Health District works for a safer and healthier community through disease prevention, health promotion, and protection from environmental threats. Find more information about the Health District at www.snohd.org. **###END###**