



Yakima Health District

News Release

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Contact: Lilián Bravo, Director of Public Health Partnerships

509-249-6514

Extreme Heat Advisory in Yakima County

The National Weather Service has released an excessive heat warning for the remainder of the week for several counties including Yakima. The Health District is reminding people to take precautions to avoid heat-related illnesses which can include dehydration, heat rash, sunburn, heat cramps, heat exhaustion and heat stroke.

These problems occur when the body is unable to cool down properly. Dr. Chris Spitters, Health Officer for the Yakima Health District wants to remind people that, “Heat related illness can affect anyone, but the elderly, small infants and children, people with chronic disease, and outdoor manual laborers are the most vulnerable.”

Reduce your risk of experiencing health related problems by taking the following precautions:

- Stay indoors and in an air-conditioned environment as much as possible
- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine, or a lot of sugar
- Never leave any person or pet in a parked vehicle
- Limit sun exposure from 11am-5pm and try to plan any necessary outdoor activities for early or late in the day when temperatures are cooler
- Wear a wide-brimmed hat, sun block, and light-colored, loose-fitting clothes when outdoors

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

Call your healthcare provider with any questions or concerns.

For more information:

[Centers for Disease Control and Prevention](#)
[Washington State Department of Health](#)
[National Weather Service](#)