



Yakima Health District

News Release

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High temperatures expected in Yakima County

YAKIMA, WA—In anticipation of high temperatures this weekend, the Yakima 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. Teresa Everson, Health Officer for the Yakima Health District noted that, “Heat related illness can affect anyone, but the elderly, small infants and children, people with chronic medical conditions, and outdoor manual laborers are the most vulnerable.”

The Washington State Department of Health has observed a significant rise in the number of people seeking medical treatment for illness and injury related to heat. This was observed during the high temperatures experiences earlier this month.

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

- Keep yourself and your pets 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
- Avoid dressing babies in heavy clothing or wrapping them in warm blankets
- 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. Call your healthcare provider with any questions or concerns.

If you or family members experience symptoms and become confused or begin to lose consciousness call 9-1-1 right away.

For more information:

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

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