

FOR IMMEDIATE RELEASE
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Know how to keep cool in next round of heat
Cooling stations are available in Snohomish County.

SNOHOMISH COUNTY, Wash. – Temperatures are expected to increase Thursday and remain hot into the weekend, and residents are encouraged to be prepared.

Snohomish County is part of [the excessive heat watch](#) issued by the National Weather Service for much of Washington state. Temperatures are likely to exceed 95 degrees F in parts of the county. These temperatures can become dangerous to vulnerable individuals and pets who are unable to stay cool.

Those who are especially vulnerable to heat-related illness include infants and young children, older adults, anyone with pre-existing or chronic medical conditions, people with limited mobility, and pregnant women.

There are locations throughout the county where people can go to stay cool. A list of cooling stations is available at www.snohd.org/weather. Please note that this list may be updated throughout the summer.

Cooling stations can include locations such as public libraries, spray parks, malls, and community centers. Remember that people who have not been vaccinated against COVID-19 are required to wear masks in public indoor spaces, and new guidance recommends that vaccinated individuals wear their masks as well. Some locations are taking extra safety precautions and may require masks and physical distancing for all.

Heat can strain the body even with short exposure. The dangers of high temperatures should not be underestimated. The following tips can help prevent heat-related illness:

- Stay hydrated with water
- Take frequent breaks in activity, and avoid strenuous activity indoors or outdoors in high temperatures
- Avoid outdoor activities during the hottest parts of the day (usually 3-6 p.m.) and limit sun exposure
- Use cold washcloths on neck or wrists
- Close doors of unused rooms and close curtains or blinds to keep heat out

- Avoid or limit use of ovens, stoves, or other appliances that increase indoor temperatures
- In extreme heat, a fan should not be relied on as the only method of cooling
- NEVER leave a child, an individual with limited mobility, or pets unattended in a vehicle. When not in use, lock vehicles so children cannot climb inside and become trapped.
- Know the [signs of heat-related illness](#) and what to do

Heat exhaustion and heat stroke are both dangerous. Heat stroke is a medical emergency and 911 should be called if someone is exhibiting signs. These include: high body temperature (103 F or higher); hot, red, dry, or damp skin; fast, strong pulse; headache; dizziness; nausea; confusion; loss of consciousness.

[A flyer with more information](#) on signs of heat stroke and heat exhaustion is available in multiple languages at www.snohd.org/weather.

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