

Are You Prepared with a Plan for the Heat?

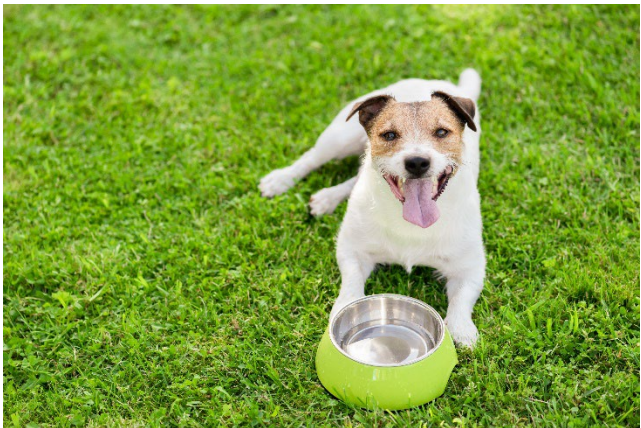
Summer is here, and our area may experience extreme heat. In hot conditions, your body must work harder to maintain a normal body temperature. Please be especially diligent in looking out for kids, elderly and disabled neighbors and pets. Here are some extreme heat tips to help you stay safe:



Stay cool

Drink plenty of water. When outside, wear sunscreen and lightweight clothing made of natural fabrics and a well-ventilated hat. Avoid strenuous activity in the heat of the day and know the signs of heat exhaustion and the appropriate first aid.

If you need to cool off, spend time indoors at an air-conditioned facility such as a library, mall or movie theater. Washington County also maintains a [hot weather help webpage](#) that lists cooling center locations.



Care for your pets

Leave pets in a cool location. Never leave pets in a hot vehicle. If you see an animal in a hot vehicle, call the police or 911.

Walk your dog in the coolest part of the of the day. In addition to the danger of heat stroke, hot sidewalks and asphalt can burn your pet's paws. Call a veterinarian right away if you think your pet has become overheated.



Be safe in the water

Swim in designated areas. Always pay close attention to children, even when a lifeguard is present and they are using swim aids.

Make sure boats pass a [vessel safety check](#). Everyone should wear a life jacket at all times. Never drink alcohol and operate a boat, jet ski or other vehicles. Make sure water skiers and wakeboarders know how to get out of the water safely and assign a designated spotter to maintain line of sight at all times.



Use fire safely

Place grills and smokers away from the home, deck railings and away from eaves and overhanging branches. Keep your grill clean to prevent flareups. Always attend your grill. Only use proper starter fluids when igniting coals.

[Always follow fire restrictions](#). Before starting a campfire or bonfire, make sure it is allowed. Only use an appropriate fire pit, cleared of all vegetation and ringed by stones. Never leave a fire unattended and make sure your fire is completely doused with water and smothered with dirt before leaving. Don't start a fire on a windy day.

The National Weather Service has developed a [HeatRisk forecast](#) tool that gives a quick view of heat risk potential over the upcoming seven days. You can also get air

quality updates through the [Oregon Department of Environmental Quality's website](#) or [AirNow.gov](#).



Do you have your emergency supply of water and food, and have taken other steps to prepare for emergencies?

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