The Weather Service warns of several days of excessive heat.

Northwesterners are used to mild summers, so high temperatures tend to affect us more than those in who live in warmer climates. We know from past experience that temperatures above 90 degrees are all it takes for public safety and municipal services to see a increase in heat-related problems.

Those most at risk for heat-related problems

Elderly

Young

Poor blood circulation/ chronic medical conditions

Obesity: (BMI 30+)

Extended Sun Exposure

Increased Chance of heat-related problems - Other Considerations

Minimal access to air conditioning

Strenuous activity

Children or animals left in parked cars

Pets

Livestock

Learn to recognize and respond to these heat related problems:

If you notice:

- High body temperature (106° F or higher).
- Hot dry skin.
- Rapid and strong pulse.
- Possible unconsciousness .

It might be:
Heat Stroke

- **You should:** Call 9-1-1 to summon emergency medical assistance or get the victim to a hospital immediately. **Heat stroke is a severe medical emergency, Delay can be fatal.**
- Move the person to a cooler place.
- Quickly cool the person's body—immerse it in a cool bath or wrap it in wet sheets and fan it.
- Watch for signs of breathing problems.
- Keep the person lying down and continue to cool the body any way you can.
- If the person refuses water, is vomiting, or exhibits changes in the level of consciousness, do not give him or her anything to eat or drink.

If you notice:

- Heavy sweating
- Weakness
- skin cold, pale and clammy.
- Pulse thready
- Fainting and vomiting.
- Not necessarily feverish.

It might be:
Heat Exhaustion

- **You should:** Get person out of sun. Lay down and loosen clothing.
- Apply cool, wet cloths.
- Fan or move victim to air conditioned room.
- Give sips of water. If nausea occurs, discontinue use.
- If vomiting continues, seek immediate medical attention-call 9-1-1 or go to a hospital.

Stay well by taking these steps:

- **Postpone strenuous activity** Stay in the coolest place possible, which may not be in doors.
- **Dress for summer** Lightweight light-colored clothing reflects heat and sunlight, and helps your body maintain normal temperature.
- **Eat light** Heavy foods, like proteins, can increase your internal temperature and increase your need for water.
- **Drink plenty of water** or other beverage-but avoid alcohol. Certain medical conditions should wait to consult a physician before increasing their consumption of fluids.
- **Avoid spending too much time in the sun** Sunburn makes the job of heat dissipation much more difficult
- **Hang out in air conditioning** Take advantage of the multiple public facilities being kept open to help you stay cool:
    - **North Bellevue Community Center,** 4063 148th Avenue Northeast. Hours: Monday through Thursday, 8 a.m. to 10 p.m., and Friday, 8 a.m. to 5 p.m.
    - **Crossroads Community Center,** 16000 Northeast 10th Street. Hours: Monday through Friday, 9 a.m. to 8 p.m., and Saturday, 9 a.m. to 5 p.m.
    - **Highland Community Center**, 14224 Bel-Red Road. Hours: Monday through Thursday, 9 a.m. to 7 p.m. and Friday, 9 a.m. to 6 p.m.
    - **South Bellevue Community Center,** 14509 Southeast Newport Way. Hours: Monday through Thursday, 6 a.m. to 9 p.m., Friday, 6 a.m. to 8 p.m., Saturday 8 a.m. to 5 p.m., and Sunday 10 a.m. to 5 p.m.
    - **Northwest Arts Center,** 9825 Northeast Fourth Street. Hours: Monday through Friday, 8 a.m. to 4:30 p.m.
- **Go for a swim** These City Beach Parks give you the chance to swim in Lake Washington:
    - **Chesterfield Beach Park**, 2501 100th Avenue Southeast
    - **Chism Beach Park**, 1175 96th Avenue Southeast
    - **Clyde Beach Park**, 2 92nd Avenue Northeast
    - **Enatai Beach Park**, 3519 108th Avenue Southeast
    - **Meydenbauer Beach Park**, 419 98th Avenue Northeast
    - **Newcastle Beach Park**, 4400 Lake Washington Boulevard Southeast

For more information, including information on how to sign up for First Aid training or emergency preparedness classes, please contact the City of Bellevue Fire Department, Emergency Preparedness Division at 425-452-7823.