

# HEAT-RELATED ILLNESSES

## WHAT TO LOOK FOR

## WHAT TO DO

### HEAT STROKE

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
- Move the person to a cooler place
- Help lower the person's temperature with cool cloths or a cool bath
- Do not give the person anything to drink

### HEAT EXHAUSTION

- Heavy sweating
- Cold, pale, and clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Tiredness or weakness
- Dizziness
- Headache
- Fainting (passing out)
- Move to a cool place
- Loosen your clothes
- Put cool, wet cloths on your body or take a cool bath
- Sip water
- Get medical help right away if:
  - You are throwing up
  - Your symptoms get worse
  - Your symptoms last longer than 1 hour

### HEAT CRAMPS

- Heavy sweating during intense exercise
- Muscle pain or spasms
- Stop physical activity and move to a cool place
- Drink water or a sports drink
- Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:
  - Cramps last longer than 1 hour
  - You're on a low-sodium diet
  - You have heart problems

### SUNBURN



- Painful, red, and warm skin
- Blisters on the skin
- Stay out of the sun until your sunburn heals
- Put cool cloths on sunburned areas or take a cool bath
- Put moisturizing lotion on sunburned areas
- Do not break blisters

### HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
- Keep the rash dry
- Use powder (like baby powder) to soothe the rash

# !!!EXTREME HEAT EVENT!!!

## It's Going to be HOT this weekend!

	Friday Partly Cloudy	81°F 63°F
	Saturday Sunny	95°F 66°F
	Sunday Sunny	106°F 73°F

High temperatures kill hundreds of people every year. Heat-related deaths and illness are preventable, yet more than 700 people die from extreme heat every year in the United States.

## What you can do to stay cool

- Stay in an air-conditioned indoor location as much as you can. The library is open to all M-Sat 9a-6p, CRMAN will have tents there on Sunday
- Drink plenty of fluids even if you don't feel thirsty. We will be stocking water at multiple locations in town.
- Seek shade when outdoors, wear a wide brim hat or umbrella. We are working on getting donations of these items for distro.
- Wear loose, lightweight, light-colored clothing and sunscreen.
- Pace yourself. Ask for help.

Call or text 206-530-7806 if you need a ride to a cooling center or water restock

### 911 for emergencies

- Take cool showers, baths, or use spray bottles to cool down. Available at cooling centers.
- Check on a friend or neighbor and have someone check on you. This is mutual aid, we take care of us.
- Never leave children or pets in cars. Pets can't sweat and need extra water.
- Check with CRMAN for health and safety updates.

Catch us on socials, call or text. Maps will be updated as locations are established. Call us or come to a cooling center if you feel overheated



[chehalisrivermutualaid.noblogs.org](http://chehalisrivermutualaid.noblogs.org)

[crmutualaidnet@riseup.net](mailto:crmutualaidnet@riseup.net) | 206 530 7806

## Where you can go to stay cool, hydrated, and stocked up

### Aberdeen Timberland Library

360-533-2360

121 East Market Street

We are available as a cool space to ride out the heat wave! We are here 9-6p M-Sat.

Social distancing is encouraged. Let's get through this together!

- Indoor A/C, Outdoor Shade
- Water Bottles/Jugs
- Spray Bottles/Misters
- Emergency Cold Compresses
- Sunscreen, Fan, Supplies
- Restrooms

### Zelasko Park - 250 S F St

CRMAN will be operating a independent cooling center in Zelasko Park, in addition to our normal meal and free store on Saturday evening.

- Outdoor Shade
- Water Bottles/Jugs
- Spray Bottles/Misters
- Emergency Cold Compresses
- Sunscreen, Fan, Supplies

### The following locations will have an unmanned cooler containing:

- Water Bottles/Jugs
- Cold Spray Bottles
- Emergency Cold Compresses
- Sunscreen, Fans, Supplies

#### TASL -

Behind City Hall

CCAP - 117 E 3rd St

Sam Benn Park - 300 Hanna Ave

- Outdoor Shade

Young's Quick Stop -

605 W Market St

Peterson Playfield -

2501 Bay Ave

Hoquiam Spray Park - 401 H St

- Outdoor Shade

Franklin Field - 401 W First St

Valley Cleaners - 600 W Market St

Finch SPRAY Playfield

200 E Market St

The push button spray operation is available from 11:00 a.m. to 7:00 p.m.

- Outdoor Shade
- Restrooms

### CRMAN will be operating a full cooling station in the libraries rear carport on Sunday



1. Prevent with water, shade

2. Spray Cold Water



3. Lie Down and Fan



Apply cold compresses

4. EMERGENCY CALL 911

Apply Cold Towel, or Ice Packs



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**COMMUNITY MEAL  
EVERY SATURDAY**  
ZELASKO PARK // 4-6PM

**FOOD PICKUPS  
EVERY FRIDAY**

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Visit our Linktree at [linktr.ee/crmutualaidnet](https://linktr.ee/crmutualaidnet)  
to view our shopping list or make a request.

**HEAL**

**FEED**

**REPAIR**

**GROW**



### All Grays Harbor County

#### Timberland Regional

##### Library Locations

**Aberdeen:** Fri-Sat, Mon: 9AM—6PM

**Hoquiam:** Fri-Sat: 9AM—6PM

**Amanda Park:** Sat: 10AM—5PM

**Elma:** Fri-Sat: 10AM—5PM

**McCleary:** Sat: 10AM—5PM

**Montesano:** Fri-Sat: 10AM—5PM

**Oakville:** Fri-Sat: 10AM—5PM

**Westport:** Fri-Sat: 9AM—4 PM

### City of McCleary

#### Community Center

**Fri-Sun: 11AM—7PM**

**726 W Simpson Avenue**

Due to extreme temperatures expected through the weekend, the city of McCleary will set up the Community Center as a cooling station for residents. If you need to get into a place with climate control to cool off, the Community Center will be open from 11 AM until 7 PM on Friday, Saturday, and Sunday. We will keep the room cool and there will be bottled water in the fridge - one per person please while supplies last.

### City of Elma Senior Center

**Friday: 5:00 PM—10:00 PM**

**Saturday: 5:00 PM—10:00 PM**

**Sunday: 10:00 AM—10:00 PM**

**Monday: 3:00 PM—10:00 PM**

**100 W. Main St, Elma WA**

The City would like to thank the Set Free Mission and our area senior citizens for volunteering to staff this much needed resource. We would also like to thank Harbor Pacific for a kind donation of bottled drinking water so people may hydrate during this severe heatwave.

### City of Ocean Shores

#### Convention Center

**Friday: 12:00 PM—6:00 PM**

**Saturday: 12:00 PM—6:00 PM**

**Sunday: 12:00PM—5:00 PM**

**120 W Chance a La Mer NW,  
Ocean Shores, WA**

### City of Aberdeen Senior Center

**Friday: 2:00 PM to 8:00 PM**

**Saturday: 11:00 AM to 8:00 PM**

**Sunday: 11:00 AM to 8:00 PM**

**208 W. Market St, Aberdeen WA**

