### HEAT-RELATED ILLNESSES

#### WHAT TO LOOK FOR

- High body temperature (103°F or higher)
- Hot, red, dry, or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Losing consciousness (passing out)

#### WHAT TO DO

- 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
- Slip 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

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### EXTREME HEAT EVENT!!!

It's Going to be HOT this weekend!

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](chehalisrivermutualaid.noblogs.org)  
crm@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

- Zelsko Park - 250 S F St
  CRMAN will be operating a independent cooling center in Zelsko 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

Get to a cooler shaded, spot or A/C
Drink water if alert
Spray with water or cold shower

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
4. EMERGENCY CALL 911
   Apply Cold Compresses

TASL - Behind City Hall

- Faint or dizzy
  Throbbing headache
- Excessive sweating
  No sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps
- Body temperature above 103°
- Red, hot, dry skin
- Nausea or vomiting
- May lose consciousness

Take Immediate Action
CALL 911
LIE DOWN, ICE BATH, DO NOT GIVE FLUIDS
chehalisrivermutualaid.noblogs.org
crmutualaidnet@riseup.net | 206 530 7806
COMMUNITY MEAL
EVERY SATURDAY
ZELASKO PARK // 4-6PM

FOOD PICKUPS
EVERY FRIDAY

chehalisrivermutualaid.noblogs.org 206 530 7806
crimutualaidnet@riseup.net @crimutualaidnet

NEED SOMETHING SPECIFIC?
Visit our Linktree at linktr.ee/crimutualaidnet
to view our shopping list or make a request.

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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.

All Grays Harbor County
Timberland Regional Library Locations

- Aberdeen: Fri-Sat: 11:00 AM to 9:00 PM
- Hoquiam: Fri-Sat: 10:00 AM to 9:00 PM
- Amanda Park: Fri-Sat: 10:00 AM to 9:00 PM
- Montesano: Fri-Sat: 10:00 AM to 9:00 PM
- Oakville: Fri-Sat: 10:00 AM to 9:00 PM
- Westport: Fri-Sat: 10:00 AM to 9:00 PM

HEAL  FEED  REPAIR  GROW