

**FOR IMMEDIATE RELEASE**

Klickitat County Public Health

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[www.klickitatcounty.org](http://www.klickitatcounty.org)



**HOT WEATHER SAFETY INFORMATION & COOLING SHELTER LOCATIONS**

**Goldendale, WA, June 25, 2021** - With excessive heat in the forecast, Klickitat County Health Department wants to remind residents, especially those participating in outdoor activities over the next week, to take precautions against heat. Severe heat may cause illness or even death. When temperatures rise to extreme highs, reduce risks by taking the following precautions.

Hot Weather Precautions:

- Drink plenty of fluids but avoid beverages that contain alcohol, caffeine or a lot of sugar.
- Eat more frequently but make sure meals are balanced and light.
- Never leave any person or pet in a parked vehicle and ensure pets have plenty of water.

If you go outside:

- Take frequent breaks when working outdoors.
- Wear a wide-brimmed hat, sun block and light-colored, loose-fitting clothes.
- At first signs of heat illness (dizziness, nausea, headaches, muscle cramps), move to a cooler location, rest for a few minutes and slowly drink a cool beverage. Seek medical attention immediately if you do not feel better.
- Avoid sunburn: it slows the skin's ability to cool itself. Use a sunscreen lotion with a high SPF (sun protection factor) rating.

If the power or air conditioning is not available:

- If air conditioning is not available, stay on the lowest floor and out of the sunshine.
- Ask your doctor about any prescription medicine you keep refrigerated. (If the power goes out, most medicine will be fine to leave in a closed refrigerator for at least 3 hours.)
- Keep a few bottles of water in your freezer; if the power goes out, move them to your refrigerator and keep the doors shut.

For more information on heat safety please visit:

<https://www.doh.wa.gov/Emergencies/BePreparedBeSafe/SevereWeatherandNaturalDisasters/HotWeatherSafety>

Cooling Shelters currently identified in Klickitat County and surrounding areas are listed below.

**Goldendale**

Lutheran Church (104 E Simcoe Dr)

***Hours of operation:***

Saturday, June 26th, 12pm-7pm  
Sunday, June 27th, 12pm-7pm  
Monday, June 28th, 12pm-7pm  
Tuesday, June 29th, 12pm-7pm  
Wednesday, June 30th, 12pm-7pm

**White Salmon**

White Salmon Fire Hall (119 NE Church St)

***Hours of operation:***

Saturday, June 26th, 10am-6pm  
Sunday, June 27th, 10am-6pm  
Monday, June 28th, 10am-6pm  
Tuesday, June 29th, 10am-6pm

**Stevenson**

(710 SW Rock Creek Dr next to Hegewald Center)

***Hours of operation:***

Friday, June 25th, 11am-7pm  
Saturday, June 26th, 11am-7pm  
Sunday, June 27th, 11am-7pm  
Monday, June 28th, 11am-7pm  
Tuesday, June 29th, 11am-7pm

**Hood River County Cooling Center**

Hood River Fire Station Community Room  
(located behind the Hood River Aquatic Center)  
1785 Meyer Parkway, Hood River  
Contact Phone #: 541-965-8533

***Hours of operation:***

Friday, June 25th, 10am-8pm  
Saturday, June 26th, 10am-8pm  
Sunday, June 27th, 10am-8pm  
Monday, June 28th, 10am-8pm  
Tuesday, June 29th, 10am-8pm

**Wasco County and Sherman County**

St. Vincent DePaul of The Dalles  
315 W. 3rd St., The Dalles  
Contact Phone #: 541-980-0855

***Hours of operation:***

Friday, June 25th, 10am-8pm  
Saturday, June 26th, 10am-8pm  
Sunday, June 27th, 10am-8pm  
Monday, June 28th, 10am-8pm  
Tuesday, June 29th, 10am-8pm

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**About Klickitat County Public Health**

Klickitat County Public Health is always working for a safer and healthier community. As the region's public health leader and partner, we are committed to excellence through innovative programs, community partnerships and a fundamental dedication to promote and protect the health of all Klickitat County residents.

**For More Information:**

Klickitat County Public Health: [www.klickitatcounty.org/289/Public-Health](http://www.klickitatcounty.org/289/Public-Health)