



## HEAT WAVE COMING IN MUCH OF OREGON, LEARN HOW TO BEAT THE HEAT (PHOTO)

News Release from **Oregon Office of Emergency Management**

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The National Weather Service in Portland and others have issued an excessive heat watch for the inland areas of Southwest Washington and Northwest Oregon from the coast range to the Cascades. The NWS Portland watch is in affect from Friday afternoon through Sunday, June 26-28.

With temperatures likely to reach 100 degrees and potential for muggy conditions, it is important to be cautious during this abnormally early heat wave.

"While enjoying the weekend, we need to make sure we take heat warnings seriously," said Oregon Office of Emergency Management Director Andrew Phelps. "It is important to keep an eye on those who are most vulnerable to the effects of extreme heat like infants and young children, our elderly family members and neighbors, and those with chronic medical conditions."

Here are some tips from our partners at the National Weather Service for how to beat the heat:

- \* Avoid exertion during the heat of the day
- \* Stay hydrated with clear, non-alcoholic, non-caffeinated liquids
- \* Do not leave pets and children in automobiles
- \* Use caution near rivers or lakes and be sure to wear a life jacket
- \* Reschedule strenuous activity to early morning or evening
- \* Know the signs and symptoms of heat exhaustion and heat stroke
- \* Wear light weight and loose fitting clothing when possible
- \* Keep blinds or shades closed during the day
- \* Wait until cooler times of day to run dishwashers and clothes dryers
- \* Instead of using a stove consider a microwave or outdoor grill

Furthermore, to reduce risk during outdoor work, The Occupational Safety and Health Administration recommends scheduling frequent rest breaks in shaded or air conditioned environments, and anyone overcome by heat should be moved to a cool, shaded location.

"Heat stroke and other heat-related illness is an emergency," added Phelps. "Call 911 or seek medical attention immediately if you think someone is experiencing health issues due to the heat."

**CAPTION:**

This image from RAPTOR (Real-Time Assessment and Planning Tool for Oregon) - Oregon's Common Operating Picture for Emergency Management and Response, shows an excessive heat watch warning (maroon color), and heat advisory (light tan) from National Oceanic and Atmospheric Administration.

[http://www.oregon.gov/OMD/OEM/Pages/plans\\_train/RAPTOR.aspx](http://www.oregon.gov/OMD/OEM/Pages/plans_train/RAPTOR.aspx)