



Emergency Management
Fax: (509) 628-2621

BENTON COUNTY EMERGENCY SERVICES

651 Truman Avenue
Richland, Washington 99352
(509) 628-2600



Southeast Communications Center
Fax: (509) 628-2622

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Contact: Elizabeth Smith
Public Information Officer
(509) 628-8470 (Office)
(509) 539-0312 (Cell)

EXTREME HEAT EXPECTED TO RETURN TO BENTON COUNTY

Richland, Wash.: Temperatures are expected to rise into the upper 90s by Tuesday and into the 100s Wednesday and Thursday, according to the National Weather Service Forecast Office in Pendleton, OR. This could be a fifteen to twenty degree increase in temperatures from temperatures recorded in the past week.

Benton County Emergency Services urges residents to watch out for heat exhaustion and heat stroke during the hot weather. The elderly, chronically ill and very young, need special attention.

Taking a few simple precautions can avoid health problems associated with heat. These include:

- Avoiding strenuous activity during the day.
- Making sure athletes and coaches participating in vigorous exercise have proper hydration.
- Stay cool and hydrated.
- Avoid prolonged exposure to the sun. If you need to work outside, take more breaks and use the shade to cool off when not working. Wear a hat and use sunscreen.
- Drink plenty of cool, non-alcoholic beverages. Alcohol makes dehydration worse.
- Monitor yourself, family and neighbors.
- Some medicines can make you more sensitive to heat stress. Check with your doctor or pharmacist.

Heat related illnesses are easily prevented. Enjoy a change in routine, let the weather dictate how hard you work and exercise, and watch out for family, friends and neighbors.

Residents should also ensure that pets have access to plenty of fresh water and a place to get out of the hot sun.

A final reminder, **DO NOT** leave children or pets in a locked car. Temperatures will quickly increase to levels that can lead to illness or death.

For additional information, please see our web page at www.bces.wa.gov

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