



Public Health
Prevent. Promote. Protect.

NORTH CENTRAL PUBLIC HEALTH DISTRICT

419 E 7TH ST.
THE DALLES, OR 97058
541-506-2600 • NCPHD.ORG

Public Service Announcement

Date: Aug. 14, 2023
To: All Media
From: Shellie Campbell, Director
North Central Public Health District
Subject: **Extreme Heat This Week**

With temperatures expected to exceed 100 degrees for several days this week, we encourage the public to take steps to avoid heat-related illness.

Cooling bundles with water, snacks and other essential will be available to the public, and several library cooling centers will be open at various times this week. For more information, please see the Mid-Columbia Community Action Council's flyer [here](#).

Excessive heat causes more deaths than any other weather-related event in the U.S. Heat related illness can affect anyone at any age, but they are preventable.

The following tips apply to everyone, but please pay special attention if you are 65 or older, if you have existing medical problems like heart disease, if you work outdoors, or if you care for children under the age of four.

Stay Cool

- Find air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

Stay Hydrated

- Drink more water than usual, even if you're not thirsty
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

Stay Informed

- Keep updated through local news or reliable social media resources on extreme heat alerts and safety tips
- Learn the symptoms of heat illness, listed on the attached fact sheet

To learn more about preventing heat-related illness, as well as the signs and symptoms of heat stroke and heat exhaustion, please visit www.oregon.gov/heat

For weather updates, please visit the National Weather Service (enter your city & state to get a weather forecast):

<http://www.weather.gov/forecastmaps>

For weather watches, warnings or advisories for Oregon, visit NOAA at

<https://alerts.weather.gov/cap/or.php?x=1>



(For more information, please contact North Central Public Health District at (541) 506-2600 or visit us on the web at www.ncphd.org or our Facebook Page at <https://www.facebook.com/NorthCentralPublicHealth/>.)

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