



# Information Notice

July 1, 2013

**The hours for the Senior Wing of the SeaTac Community Center will be extended Monday-Wednesday of this week due to predicted high temperatures**

**Relief from the heat:** Due to the high temperatures predicted this week, please be advised that on Monday through Wednesday of this week, the air-conditioned lobby of the senior wing at the SeaTac Community Center located at 13735 – 24th Avenue S, will remain open until 8 PM to the general public, and the computer room of the senior wing for seniors only.

When outside temperatures are very high, the danger for heat-related illnesses rises. Older adults, young children, and people with mental illness and chronic diseases are at particularly high risk.

Public Health – Seattle & King County has provided the following public information:

**Stay cool:**

Spend more time in air conditioned places. If you don't have air conditioning, consider visiting a mall, movie theatre, or other cool public places.

Cover windows that receive morning or afternoon sun.

Dress in lightweight clothing.

Check up on your elderly neighbors and relatives and encourage them to take these precautions, too.

**Drink liquids:**

Drink plenty of water. Avoid drinks with caffeine, alcohol and large amounts of sugar because they can actually de-hydrate your body.

Have a beverage with you as much as possible, and sip or drink frequently. Don't wait until you're thirsty to drink.

**If you go outside:**

Limit the time you're in direct sunlight.

Do *not* leave infants, children, people with mobility challenges and pets in a parked car, even with the window rolled down.

Avoid or reduce doing activities that are tiring, or take a lot of energy.

Do outdoor activities in the cooler morning and evening hours.

Avoid sunburn. Use a sunscreen lotion with a high SPF (sun protection factor) rating.

More tips in English, Spanish, Chinese Vietnamese, Russian and Korean are available on our Beat the Heat webpage at [www.kingcounty.gov/health/beattheheat.aspx](http://www.kingcounty.gov/health/beattheheat.aspx)

**Water safety:**

Some people turn to local rivers to cool off, but drowning is a real concern. Please use caution and wear a personal flotation device (PFD) on the water. Find deals on affordable lifejackets at: <http://www.kingcounty.gov/healthservices/health/injury/water/pfd.aspx>

If you want to swim, choose a safer location – visit a local pool or a beach with lifeguards instead.

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