



Chelan-Douglas Health District

200 Valley Mall Parkway, East Wenatchee, WA 98802

FOR IMMEDIATE RELEASE

News Release 2022-23

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Hot Weather Alert & Local Cooling Centers

East Wenatchee, WA – The National Weather Service has issued an [excessive heat warning](#), which will remain in effect all week.

Potential health impacts due to heatwaves include: increase in water-related accidents and heat-related illnesses, as well as power outages that could limit access to cooling.

North Central Washington Libraries will operate as cooling centers during normal business hours. Visit [NCW Libraries](#) for a cooling center near you.

Follow these steps to avoid heat-related accidents and illnesses:

- Consider cancelling outdoor activities during the heat of the day (10 am – 4 pm);
- Never leave children and/or pets in a vehicle;
- Stay hydrated by drinking plenty of fluids, avoiding alcohol, caffeine and high-sugar beverages; and
- If possible, use air conditioning units or remain in a cool place.

Heat-related illnesses like heat strokes, heat exhaustion, heat cramps, sunburn and heat rashes are preventable. Seek medical attention if you are experiencing severe symptoms such as high body temperature, heavy sweating, fainting, dizziness, nausea, headaches or muscle cramps. For additional information, visit <https://www.cdc.gov/disasters/extremeheat/warning.html>.

For additional hot weather safety tips, visit <https://doh.wa.gov/emergencies/be-prepared-be-safe/severe-weather-and-natural-disasters/hot-weather-safety> or www.cdhd.wa.gov and follow us on [Facebook](#), [Twitter](#) and [Instagram](#).

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