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The National Weather Service (NWS) in Spokane has high confidence that a historic and extreme heat wave will occur this week and continue for an extended period of time, which can be especially problematic for those who are heat sensitive and those without effective cooling and/or adequate hydration.

According to NWS, daily record-high temperatures will likely be broken each day with the all-time record of 108F degrees within reach during the peak of the heat wave, starting today and going into next week.

Health officials explained children, seniors, individuals living homeless, people with chronic illnesses and people who take certain medications, such as blood pressure medications or antihistamines are especially at risk for health problems associated with high temperatures, including heat exhaustion.

Recognizing the symptoms of Heat Stroke

- A body temperature above 103 degrees Fahrenheit
- Red, hot and dry skin that is not sweating and a rapid, strong pulse
- A throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

Recognizing the symptoms of Heat Exhaustion

- Excessive sweating
- Paleness
- Muscle cramps/aches
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or vomiting
- Fainting

Tips to avoid heat-related illness:

- Know the signs of heat-related illness.
- Drink plenty of water or fruit and vegetable juices. Avoid caffeine or alcohol.
- Limit your time outdoors, especially in the afternoon when the day is hottest.



- Be careful about exercising or doing a lot of activities when it is hot. Stay out of the sun, take frequent breaks.
- Wear loose-fitting, light-colored cotton clothes, they are cooler than dark colors or some synthetics.
- If you live in a home without fans or air conditioning, open windows to allow air flow, and keep shades, blinds or curtains drawn in the hottest part of the day or when the windows are in direct sunlight. Try to spend at least part of the day in an air-conditioned place like a shopping mall, a store, the library, a friend's house, or the movies. Cool showers can help, too.
- Do not use a fan when the air temperature is above 95 degrees. It will blow hot air, which can add to heat stress.
- Check on family members, elderly and vulnerable neighbors, ensure they are staying cool and hydrated.

Community Cooling Resources

- The City of Pullman will be offering an Emergency Cooling Shelter this week at the Pullman Senior Center located at 190 SE Crestview Street in Pullman. Pullman Transit is offering free rides to the Senior Center. For more details, visit the link [here](#)
- Neil Public Library and other county libraries are air conditioned, open to the public, and offer WiFi to keep people busy on a hot day.
- The City of Moscow also has cooling resources and they can be found [here](#)