



City of Yakima

News Release

Subject: Excessive Heat Watch

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Excessive Heat Watch Predicted for Yakima, Central Washington

An excessive heat watch, including the potential for record-high temperatures, is in the forecast this week for Yakima and Central Washington.

The National Weather Service ("NWS") announced the excessive heat watch this morning, Monday. It is in effect from 9:00 am Wednesday, August 8th, through 9:00 pm Thursday, August 9th.

"Hot temperatures and limited relief overnight will increase chances for heat-related illness, especially for those without access to air conditioning," the NWS' announcement said. "Heat stress is also possible for livestock and outdoor pets. Remember to check the back seat of your automobile to be certain children or pets are not left in a very hot environment due to this heat, even if you are parked in the shade."

For Yakima, specifically, the NWS forecasts a high temperature of 107 degrees both Wednesday and Thursday, August 8th and 9th. The city's record-high temperature for August 8th is 106 degrees, set in 1972. Yakima's record-high temperature for August 9th is 108 degrees, set in 1971.

The Yakima Fire Department, <https://yakimafire.com>, advises staying indoors and limiting time outside, if possible. If you have to be outside, hydrate early and know the early signs of heat exhaustion before you have to go out. The Fire Department notes that signs of heat exhaustion include moist and clammy skin, dilated pupils, and normal or subnormal temperatures. Heat stroke symptoms include dry hot skin, constricted pupils, and very high body temperature.

The [American Red Cross](#) suggests the following tips for staying safe during hot weather:

- Never leave children or pets in your vehicle. The inside temperature of the car can quickly reach 120 degrees.
- Avoid extreme temperature changes.
- Wear loose-fitting, lightweight, light-colored clothing. Avoid dark colors because they absorb the sun's rays.
- Slow down, stay indoors and avoid strenuous exercise during the hottest part of the day.
- Postpone outdoor games and activities.
- Use a buddy system when working in excessive heat. Take frequent breaks if working outdoors.