



City of Yakima

News Release

Subject: Hazardous Weather Conditions

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Release Date: Friday, July 27th, 2018

"Hazardous Weather" Predicted for Yakima, Central Washington

The National Weather Service ("NWS") issued a special weather statement today, Friday, calling for "Hazardous Weather Conditions" in Yakima and Central Washington.

"A strong high pressure system will strengthen over the Pacific Northwest and temperatures will continue to approach the century mark through the weekend," the NWS' statement said. "By Monday and Tuesday, temperatures are expected to climb even higher and approach or exceed record-high temperatures."

For Yakima, specifically, the NWS forecasts a high temperature of 103 degrees on Monday, July 30th. The city's record-high temperature for that day is 104 degrees, set in 2003.

The combination of hot temperatures and low humidity will create a situation in which heat illnesses are possible. For example, heat stress and dehydration could lead to health concerns such as heat exhaustion and heat stroke.

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.

Options the City offers for beating the heat include Lions Pool (509 West Pine Avenue) and Franklin Pool (2101 Tieton Drive). Both pools are open for recreational swimming and other aquatic programs, such as adult water fitness classes and lap swims. Call 509-575-6046 or visit <https://yakimaparks.com/aquatics/> for pool schedules and additional details.

In addition, the City of Yakima's Miller Park (502 North 4th Street) and Martin Luther King, Jr. Park (on the corner of South 8th Street and East Race Street) both offer free splash pads.