

Hot Weather Heading Our Way; Tips for Staying Healthy and Safe

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(Astoria, OR) — Excessive heat is projected to return in Clatsop County this weekend and extend into next week for inland communities. The National Weather Service has issued an [excessive heat watch](#) for Monday, August 14 through Thursday, August 17.

The heat risk for Clatsop County has increased for Sunday, August 13, and Monday, August 14, with major heat risk predicted for a significant portion of the county. This level of heat affects anyone without effective cooling and/or adequate hydration.

“We encourage people to drink lots of water before the weekend so our bodies are hydrated and can better handle hotter temperatures. This is also a good time to check on friends, neighbors, and loved ones to make sure they have ways to stay cool,” said Justin Gibbs, emergency management director.

Although extreme heat is not expected, Clatsop County Departments of Public Health and Emergency Management encourage individuals to make it a habit to use the [HeatRisk Prototype tool](#) created by the National Weather Service. The HeatRisk Prototype is a color-numeric-based index that provides a forecast risk of heat-related impacts to occur over a 24-hour period.

The tool helps you understand how you could be impacted by heat. It measures how hot it really feels when the effects of humidity are added to high temperature.

The Centers for Disease Control and Prevention recommends taking the following steps to keep you, your family, your neighbors and your pets cool:

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY HYDRATED

- Drink more water than usual

- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness

Learn the [symptoms of a heat-related illness](#) and what to do if you or your loved one shows signs of having a heat-related illness.

The National Institute for Occupational Safety and Health [provides resources for working outdoors](#) in hot weather.

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