

HELP FOR WHEN IT'S HOT OUTSIDE

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Heat can be very dangerous even if the temperature is under 90 degrees. Other important factors include humidity, time of year, duration of unusual heat, nighttime temperature, and location.

TIME OF YEAR: *Our bodies need time to adjust to changes in temperature. A sudden change from hot to cool weather (or an early-season heat wave) is more dangerous.*

DURATION OF HEAT: *100 degrees is much more dangerous on day five of a heat wave than on day one. Our bodies need time to recover.*

NIGHTTIME COOLING: *If buildings don't cool down at night, it's very difficult to cool them during the day. This makes it harder for our bodies to recover and tolerate the heat.*

SHADE & WIND: *Heat is more dangerous in areas with dark surfaces (such as asphalt) and without good airflow. These areas are warmer and cool down more slowly. Light colors, plants, and trees make our communities safer from extreme heat.*



Recent News & Forecasts

Current [National Weather Service Forecast for Clatsop County](#)

Tips & Resources

Getting Ahead of the Heat With temperatures rising, make plans to beat the heat. Now is the time to prepare your home, make a plan for future heat waves, and check in with people you know who live alone.

Take Care of Yourself & Others During Hot Weather Drink water, stay in the shade, seek out cool spaces and never leave people or pets in a hot car. Find other ways to stay cool and healthy [here](#).

Heat Illness & First Aid Know the symptoms of heat-related illnesses and how to respond.

Swim & Splash Safely Playing in cold water is a great way to cool off during hot weather, but water can become quickly dangerous. Check out these tips before heading out to enjoy a natural waterway.

Pets are People Too It's important to protect pets from the heat to avoid heatstroke, which can be difficult to treat once it begins, and can be life-threatening. Please consider these suggestions and resources for keeping pets cool in hot weather.