

**LEWIS COUNTY SHERIFF'S OFFICE  
DIVISION OF EMERGENCY MANAGEMENT  
NEWS RELEASE**

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**For Immediate Release**

News Release No. 1  
Date: August 11, 2014

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## **Unusual Heat Puts Lewis County on RED FLAG (Fire) Warning**

The unusually hot weather and the National Weather Service prediction of a thunder/lightning storm for today through tomorrow has resulted in the need for Lewis County citizens to take extra fire safety precautions for the next few days or until the weather changes.

“The National Weather Service has issued a Red Flag Warning for Lewis County,” states Sheriff Steve Mansfield. “This means the fire danger is particularly high already, and the approaching storm adds to the risk. We already have a 40-acre wildland fire burning in the Deep Creek/Teague Road area that indicates how quickly a fire can get out of control.”

Fuel for fire comes from living or dead material, above, on, or below the ground. Trees, shrubs, and ground cover (including your lawn) can fuel a fire. So can your house or outbuildings. The heat to ignite the fire can come naturally from lightning, or it may come from man-made sources, such as chimney sparks, barbecues, incinerator coals, matches, or cigarette butts thrown out of car windows. Suspected fires should be reported immediately to 9-1-1.

“Another concern during periods of excessive heat,” states Sheriff Mansfield, “is for the medically fragile and animal populations that depend on others to plan for their increased needs.”

Those susceptible to adverse heat reactions include elderly, infants, small children, some on special medications, pets and livestock. Plan your day so you are not over-active during the hottest hours between 10:00 a.m. and 4 p.m. “Make sure animals have plenty of water and shade. Never leave a pet in a parked car during hot weather,” cautions Sheriff Mansfield.

Suggestions for limiting the vulnerability of your property to fire can be obtained from your local fire district. The Public Health Department can provide additional suggestions for the care of special needs and pets.

The attached information sheets contain some Hot Weather Tips.

## **SAFETY TIPS FOR HOT WEATHER**

### **HEAT WAVE**

Elderly persons, infants, small children, chronic invalids, those on certain medications or drugs (especially tranquilizers and anticholinergic), and persons with weight and alcohol problems are particularly susceptible to heat reactions, especially during heat waves in areas where a moderate climate usually prevails.

### **SAFETY TIPS**

- 1) Slow down. Strenuous activities should be reduced, eliminated or rescheduled to the coolest time of the day. Stay in the coolest place - not necessarily indoors.
- 2) Dress in lightweight light-colored clothing. Avoid polyester.
- 3) Cut down on foods (like proteins) that increase metabolic heat production and increase water loss.
- 4) Drink plenty of water or other non-alcoholic fluids. Persons with medical problems related to fluid retention, special diets or epilepsy, heart, kidney or liver disease should consult their physician before increasing consumption of fluids.
- 5) Consumption of alcoholic beverages should be avoided during hot weather.
- 6) Do not take salt tablets unless specified by a physician.
- 7) Spend more time in air conditioned places.
- 8) Don't get too much sun. Sunburn makes the job of heat dissipation that much more difficult.

### **Symptoms:**

<b>HEAT CRAMPS:</b>	Painful spasms usually in muscles of legs and possibly abdomen. Heavy sweating.
<b>HEAT EXHAUSTION:</b>	Heavy sweating, weakness, skin cold, pale and clammy. Pulse thready. Normal temperature possible. Fainting and vomiting.
<b>HEAT STROKE:</b>	High body temperature. Hot, dry skin. Rapid and strong pulse. Possible unconsciousness.



## LEWIS COUNTY EMERGENCY MANAGEMENT

### SAFETY TIPS FOR HEAT EMERGENCIES

√ The hours between 10 a.m. and 4 p.m. are considered the hottest. Plan your day so you are not over-active during this time.

√ Elderly people can be more susceptible to the heat due to other health problems and medications they may be taking. People with heart problems, diabetes, high blood pressure or those who have had strokes are at a higher risk. If there are medical problems, it is even more important to be aware of safety precautions during hot, humid weather. Check with your pharmacist or physician regarding what affect higher temperatures may have on you if you are taking a certain prescribed medication.

√ Heat exhaustion can happen to anyone in any age group. **Babies with heat exhaustion** may become less alert and irritable. Babies do not perspire like adults. They should be carefully watched. A small swimming pool can help with both your child's recreation and "cooling off", of course, this activity **must be carefully supervised** at all times.

√ People need to accept responsibility for their bodies. This includes taking precaution to avoid sunburns and adapt slowly to the sun. In western Washington, extremely high temperatures are usually of short duration lasting from a few days to a week, so use common sense and delay those heavy exertion jobs if possible. Or, do them during the early morning or evening hours when temperatures are lower.

√ Cooling-off methods include taking cool baths or showers, placing ice bags or wet towels on the body, and using electric air circulation fans (being careful to avoid getting an electrical shock).

### **PET TIPS**

The Lewis County Animal Shelter reminds pet owners to make sure dogs, cats and other pets have a fresh supply of cool drinking water. This means checking the water dish frequently, as they have a tendency to tip over or the water may evaporate in hot weather.

Never leave a pet in a parked car during hot weather. Several dogs die from this situation each year.

If your dog is confined, make sure it has ample shade.

If you take your dog out for walks, avoid sidewalks or pavement as it absorbs heat and becomes very hot. You will not notice it with your shoes on, but the dog's foot pads can become burned and irritated.

If you have a feathered friend, canary, parrot, parakeet, keep the cage out of direct sunlight. You can also help them "cool off" by a light water misting from a spray bottle. Check with your local veterinarian for the amount of misting each bird species can tolerate.

### **LIVESTOCK - HORSES**

Make sure large animals have adequate supplies of drinking water. All animals require more drinking water during hot weather.