



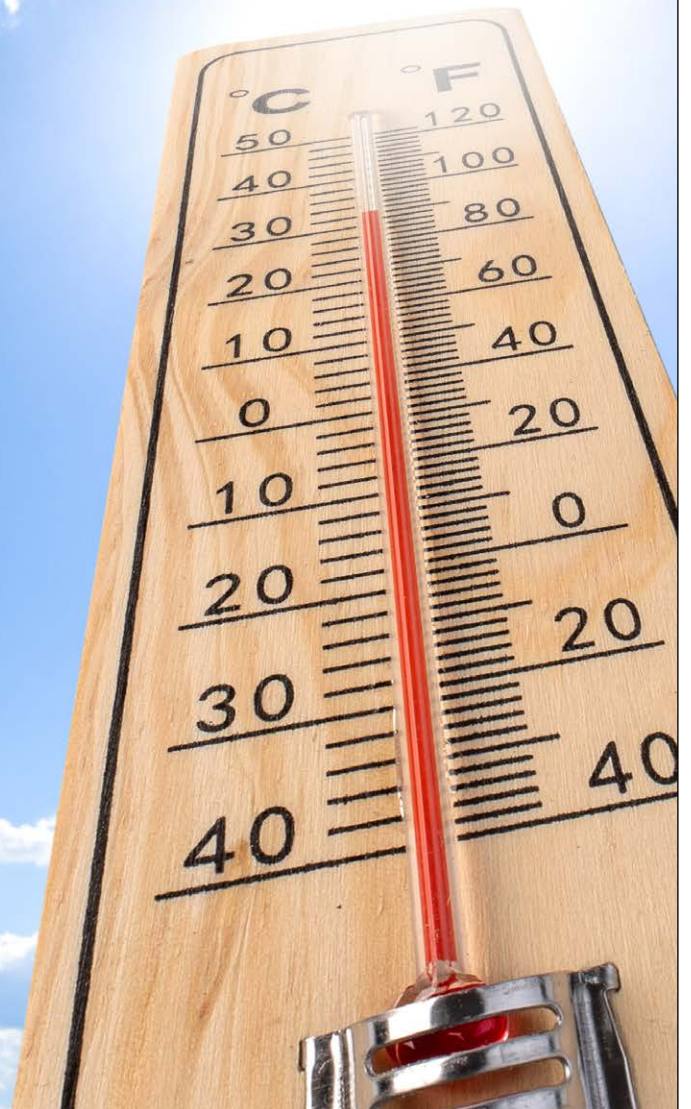
HEALTH MATTERS

ISSUE 36 | ISLAND COUNTY PUBLIC HEALTH | JULY 2024

Beat the Heat

As temps
rise, so do
concerns
about health
& safety

page 2



INSIDE THIS EDITION

- Where to find cooling centers in Island County. Page 2
- Comprehensive Plan includes health updates. Page 4
- Have your water wells tested for contaminants. Page 6
- Colorectal cancer 3rd lead cause of death from cancer. Page 8



PROTECT AGAINST EXTREME HEAT

Extreme heat is defined as summertime temperatures that are much hotter and/or humid than average, according to the Centers for Disease Control and Prevention.

Because some places are hotter than others, this depends on what's considered average for a particular location at that time of year. Humid and muggy conditions can make it seem hotter than it really is.

Extreme heat events have long threatened public health in the United States.

Some cities have seen dramatic increases in death rates during heat waves, according to the CDC. During the 2021 heat dome event in Western Washington, local data found a spike in emergency department visits related to heat in Island County.

Deaths result from heat stroke and related conditions,

but also from cardiovascular disease, respiratory disease, and cerebrovascular disease.

Heat waves are also associated with increased hospital admissions for cardiovascular, kidney, and respiratory disorders. Extreme summer heat is increasing in the United States.

Climate projections indicate that extreme heat events will be more frequent and intense in coming decades.

Older adults, infants, and people with cardiovascular disease are at highest risk of heat-related illness. However, even young and healthy people can be affected if they participate in strenuous physical activities during hot weather.

Summertime activity, whether on the playing field or the construction

Cooling centers in Island County

The Center in Oak Harbor

Hours: 8:30 a.m. to 4 p.m. Mon-Fri, closed weekends.

Location: 51 S.E. Jerome St., Oak Harbor.

Phone: 360-279-4580

Camano Center

Hours: 9 a.m. to 4 p.m. Mon-Fri., closed weekends.

Location: 606 Arrowhead Road, Camano Island.

Phone: 360-387-0222

See **COOLING CENTERS**, Page 13

See **HEAT** on page 12



MINIMIZING EFFECTS OF WILDFIRE SMOKE

What you can do to prepare at home, work

Wildfire smoke is a complex mixture of particulate matter and gases, including carbon monoxide (CO), volatile organic compounds, and ground-level ozone.

Particulate matter consists of solid particles and liquid droplets suspended in the air. Particles with diameters less than 10 microns are upper respiratory tract and eye irritants.

Smaller particles are an important health concern – they can be inhaled deep into the lungs and affect respiratory and heart health.

CO, a colorless, odorless gas produced by incomplete combustion, is a particular health concern in dense wildfire smoke or in close proximity to a fire.

Some volatile organic compounds and ground-level O₃ can also be health concerns in smoky environments.

Outdoor air pollutants, including smoke, enter and leave buildings in three main ways:

1. Mechanical ventilation systems, which actively draw in outdoor air through intake vents

and distribute it throughout the building.

2. Natural ventilation from open doors or windows.

3. Infiltration, the passive entry of unfiltered outdoor air through small cracks and gaps such as around windows and doors.

Tightly closed buildings reduce exposure to outdoor air pollution. Upgrading the filter efficiency of the heating, ventilating, and air-conditioning system and changing filters frequently during periods of smoke greatly improves indoor air quality.

Supplementing with High Efficiency Particulate Air (HEPA) portable air cleaners improves air quality even more.

Upgrading the filters on existing HVAC systems helps improve indoor air quality and can allow you to leave HVAC outdoor air intake vents open during some pollution events.

Have an HVAC technician evaluate whether a higher MERV filter rating can be used. A MERV 13 filter or higher is recommended.

Select a filter with the deepest pleat your system can

For additional information, visit the Washington Smoke Blog at wasmoke.blogspot.com, www.doh.wa.gov/smokefromfires and the [Island County Department of Emergency Management](http://IslandCountyDepartmentofEmergencyManagement) page on wildfires and wildfire smoke.

accommodate (two inches or more) to reduce the air resistance across the filter and improve filtration.

MERV-rated filters remove particles but not “smoke smell” or most gases. Filters with high density activated carbon can be added

to reduce some other pollutants. Proper installation, operation, and maintenance are critical for effective use of air filters.

Make sure the filter fits tightly in the frame to prevent air from bypassing the filter. Check the filter for buildup at least every month during heavy use to ensure it is not thickly loaded with dust. Check more often in heavy smoke conditions or prolonged smoke events.

Replace the filter following manufacturer recommendations.

See **SMOKE** on page 11

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR

WHAT TO DO

HEAT STROKE

- High body temperature (103°F or higher)
 - Hot, red, dry, or damp skin
 - Fast, strong pulse
 - Headache
 - Dizziness
 - Nausea
 - Confusion
 - Losing consciousness (passing out)
- Call 911 right away-heat stroke is a medical emergency
 - Move the person to a cooler place
 - Help lower the person's temperature with cool cloths or a cool bath
 - Do not give the person anything to drink

HEAT EXHAUSTION

- Heavy sweating
 - Cold, pale, and clammy skin
 - Fast, weak pulse
 - Nausea or vomiting
 - Muscle cramps
 - Tiredness or weakness
 - Dizziness
 - Headache
 - Fainting (passing out)
- Move to a cool place
 - Loosen your clothes
 - Put cool, wet cloths on your body or take a cool bath
 - Sip water
- Get medical help right away if:**
- You are throwing up
 - Your symptoms get worse
 - Your symptoms last longer than 1 hour

HEAT CRAMPS

- Heavy sweating during intense exercise
 - Muscle pain or spasms
- Stop physical activity and move to a cool place
 - Drink water or a sports drink
 - Wait for cramps to go away before you do any more physical activity
- Get medical help right away if:**
- Cramps last longer than 1 hour
 - You're on a low-sodium diet
 - You have heart problems

SUNBURN

- Painful, red, and warm skin
 - Blisters on the skin
- Stay out of the sun until your sunburn heals
 - Put cool cloths on sunburned areas or take a cool bath
 - Put moisturizing lotion on sunburned areas
 - Do not break blisters

HEAT RASH

- Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)
- Stay in a cool, dry place
 - Keep the rash dry
 - Use powder (like baby powder) to soothe the rash



CS280226

Comp plan update includes health topics

Island County is currently updating its comprehensive plan, which is due to be completed by Dec. 31, 2025.

The state Growth Management Act (GMA) was passed in 1990 to help local jurisdictions manage their growth.

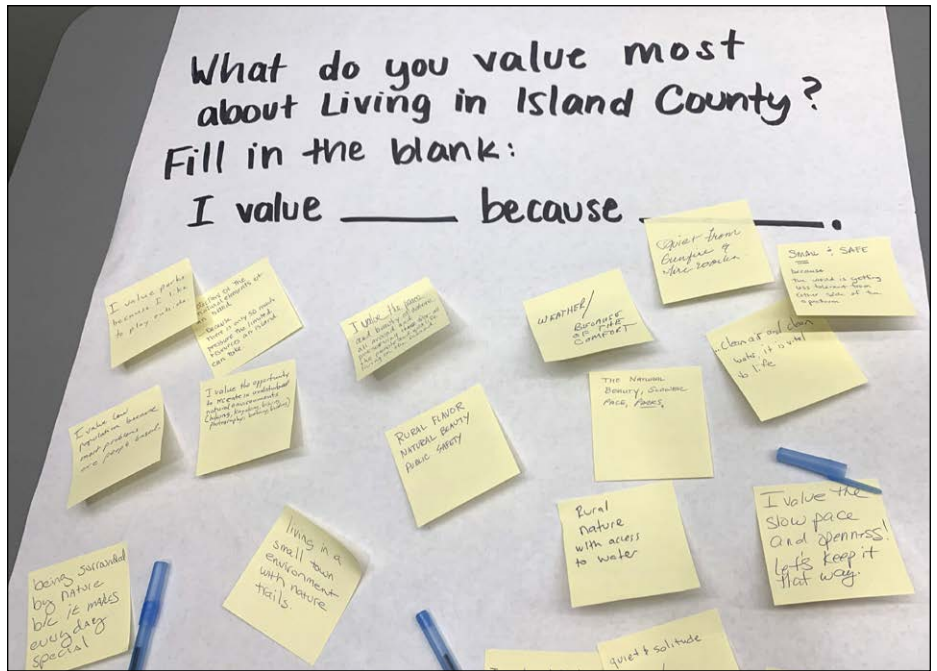
The GMA requires periodic updates to comply with changes to state law, changes to land use, and community priorities. Comprehensive plans guide growth in Island County for a 20-year period and the decisions within have long-term effects.

The Comp Plan shapes the community vision for a range of factors related to health, well-being, and quality of life.

These factors include natural resources, utilities, economic opportunity, transportation, land use, water resources, and other elements that directly relate to health outcomes.

By considering health, we can plan to create thriving communities for everyone.

Updating the comprehensive plan is an opportunity to integrate the Health in All Policies ordinance



the Board of Island County Commissioners passed in 2023.

The comprehensive plan update is split into four phases: direction setting, data collection and analysis, review and comment, and adoption.

Island County is currently in phase two: data collection and analysis. This phase involves defining issues and topics for further conversation, reviewing other jurisdictions' plans for examples, research, and fact finding.

There will be many health-related topics to explore during the next phases of work, such as access to affordable housing, access to healthcare, environmental justice, and health equity outcomes of land use planning.

Island County wants to hear from you.

The public will have many ways

to engage over the next year, including focus groups, listening sessions, surveys, and interviews.

There is an online engagement website specific to the comprehensive plan, www.islandcounty2045.com, where you can submit comments, view documents, and ask questions to staff.

The website serves as the platform for which online surveys are conducted.

Community members are also invited to the Planning Commission meetings, held on the first and third Wednesdays of each month (held online and via Zoom).

Please visit the [Agenda Center](#) for more information.

Island County staff will also be attending various events this summer to engage with you in person, more information will be shared on the [engagement website](#) soon.

2024-25 GMA Timeline for Island County





TEST YOUR WELL FOR CONTAMINANTS

If there's a problem, you may not see or taste it

Contaminants could show up in your drinking water, potentially putting your family's health at risk. Because you may not taste, smell, or see many types of contaminants, the Washington State Department of Health (DOH) stresses that regular water testing is very important.

Well water testing

DOH recommends that private well owners test their drinking water every year for coliform bacteria and nitrate. These two contaminants rapidly could affect a person's health — possibly even with just one drink of water.

If your nitrate level is 5 milligrams per liter (mg/L) or higher, you may want to re-test in six months. Ecology also recommends testing for arsenic — once in summer and again in winter — because seasonal influences can occur affecting your drinking water.

Though small amounts of arsenic do not cause rapid health effects, continued consumption over a relatively

short time could lead to health concerns. Testing should also be done for manganese, iron, chloride and conductivity.

If you own a private well, you are responsible for testing your own water. In most counties when you sell a home supplied with a private well, the county health or planning department or the lending institution involved, will require you to provide water sampling results to show the water is safe to drink.

Contact Island County Public Health for information on the requirements and testing needed.

Many certified labs in Washington state perform these tests. Lab staff can answer questions and tell you how to collect water samples.

For a list of certified labs, visit Ecology online. You can search by analyte (i.e., contaminant) or by location.

Testing results

Contact the Island County Health Department for

See **TEST** on page 10



Water recreation is a big part of island life; knowing your limits key

At any time of year, Washington state's waters can be appealing, but, if you're not prepared, they can also be dangerous at the same time.

Know Your Limits

Swimming in open water (lakes, rivers, ponds, Puget Sound, and the ocean) is harder than in a [pool](#). People tire faster and get into trouble more quickly. A person can go under water in a murky lake, making them very hard to find, or be swept away in currents.

Avoid swimming where two rivers come together – many good swimmers have gotten into trouble or drowned in currents that didn't seem to be moving that fast.

Swim in a life-guarded area, especially if you are not a strong swimmer.

Be cautious of sudden drop-offs in lakes and rivers. People who can't swim or aren't strong swimmers have slipped into deeper water and drowned.

When you're out boating, don't overload the boat and wear a life jacket that fits. Many people

have drowned after they've fallen overboard while fishing, hunting, or pulling up a crab pot.

Stay sober when on or in the water. Alcohol and other drugs increase the effects of weather, temperature, and wave action.

Wear a Life Jacket That Fits

Even the best water enthusiasts can misjudge changing water conditions when boating or swimming in open water.

Be prepared at all times by wearing a life jacket – you'll never know when you'll be tossed into the water.

Have children wear a life jacket that fits them, and watch them closely around water – they can go under water quickly and quietly.

A number of water safety laws improved the use of life jackets and prevent drowning, including:

- Children 12 years old and younger must wear a life jacket that fits them on moving boats less than 19 feet in length in Washington.
- Recreational boats must carry one [U.S. Coast Guard-approved life jacket](#) for each person aboard. The life jacket must be available and

accessible.

This is a nationwide Coast Guard rule.

Be Prepared

Check river or stream conditions by contacting the [United States Geological Survey](#) at 253-428-3600 ext. 2635.

Take life jackets, a rescue device, a cell phone, and someone who knows CPR when you are out on the water.

Check [beach advisories](#) before you go swimming.

Boaters must obtain their [Boater Education Card from State Parks](#).

Parents must tell their children about the dangers of open water at rivers, lakes, and beaches. Know where your child is, who they are with, and when they are expected home.

Parents are powerful role models – if you wear a life jacket, it's more likely your children will too.

Learn more about water safety and drowning prevention from the [Washington State Drowning Prevention Network and Children's Hospital and Regional Medical Center](#).

Content Source: [Water Recreation Program](#)



THE THIRD LEADING CAUSE OF CANCER

Prevention & Treatment are Key

Colorectal cancer often begins as a growth called a polyp inside the colon or rectum. Finding and removing polyps can prevent colorectal cancer.

To prevent new cancers from starting, scientists look at risk factors and protective factors, according to the National Institute on Cancer (NCI). Anything that increases your chance of developing cancer is called a cancer risk factor; anything that decreases your chance of developing cancer is called a cancer protective factor.

Some risk factors for cancer can be avoided, but many cannot, according to the NCI.

For example, smoking and inheriting certain genes are risk factors for some types of cancer, but only smoking can be avoided.

Regular exercise and a healthy diet may be protective factors for some types of cancer.

Different ways to prevent cancer are being studied, including:

- Changing lifestyle or eating habits.
- Avoiding risk factors known to cause cancer.
- Taking medicines to treat a precancerous condition or to keep cancer from starting.

General Information About Colorectal Cancer

The colon is part of the body's digestive system. The digestive system removes and processes nutrients (vitamins, minerals, carbohydrates, fats, proteins, and water) from foods and helps pass waste material out of the body.

The digestive system is made up

of the mouth, throat, esophagus, stomach, and the small and large intestines.

The colon (large bowel) is the first part of the large intestine and is about 5 feet long.

Together, the rectum and anal canal make up the last part of the large intestine and are 6 to 8 inches long.

The anal canal ends at the anus (the opening of the large intestine to the outside of the body).

Cancer that begins in the colon is called colon cancer, and cancer that begins in the rectum is called rectal cancer. Cancer that affects either of these organs may also be called colorectal cancer.

Colorectal cancer is the third leading cause of death from cancer in the United States.

See **COLORECTAL CANCER** on page 9

Colorectal Cancer preventions



avoid tobacco



limited alcohol



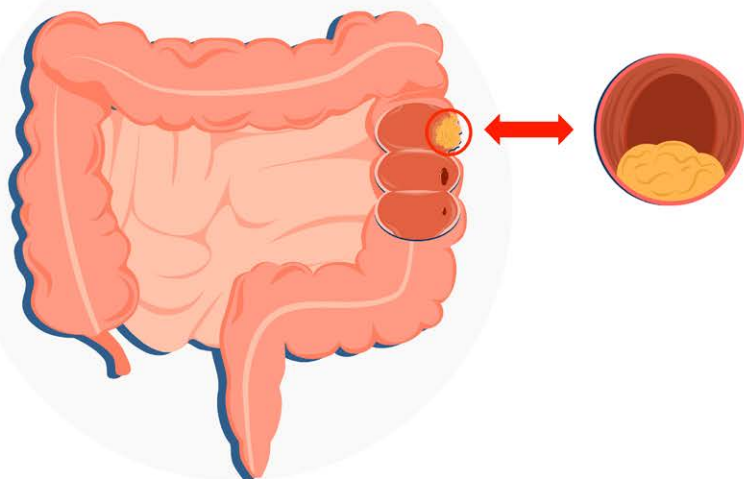
healthy weight



healthy diet



doctor consultation



COLORECTAL CANCER: Knowing what increases, decreases risks

CONTINUED FROM PAGE 8

Between 2011 and 2019, the number of new colorectal cancer cases in the United States decreased slightly per year in people aged 50 years and older but increased slightly per year in people younger than 50 years.

For the past 20 years, the rate of deaths from colorectal cancer has been decreasing in both men and women.

Between 2016-20 Island County had an average of 50 cases per year across all ages, according to the CDC and NIH National Cancer Profiles.

[This is the most recent data available.](#)

Finding and treating colorectal cancer early may prevent death from colorectal cancer.

Screening tests may be used to help find colorectal cancer.

According to the CDC, most people should start screening for colorectal cancer at age 45, but some people may need to start earlier. The U.S. Preventive Services Task Force (USPSTF) recommends that adults between the ages of 45 and 75 get screened regularly, and that adults between the ages of 76 and 85 may also be screened depending on their health and preferences.

Discuss screening recommendations with your primary care provider.

Obesity

Obesity is linked to an increased risk of colorectal cancer and death from colorectal cancer.

The following protective factors decrease the risk of colorectal cancer:

Watch your weight. Maintain a healthy body weight using the body mass index (BMI) as a guide.

Excess belly fat, in particular, is a risk factor for colon and rectal cancers.

Learn to control portions and limit your intake of desserts.

Watch your exercise levels. Moderate physical activity helps reduce the risk of colon and rectal cancers. Get at least 30 minutes of physical activity a day.

Watch your diet

- Eat a variety of fruits, vegetables and whole grains.
- Limit your red meat consumption to 18 ounces per week.
- Avoid processed meats (e.g., bacon, hot dogs and sausage).
- Limit your intake of fast food, which contains excessive calories and sodium.
- Watch your habits. Don't smoke. Limit alcoholic drinks to one per day for women and two per day for men.

TEST: Make sure your well water is safe to drink

CONTINUED FROM PAGE 6

advice if the tests show:

- **Coliform is present.** You may need to fix a coliform problem by disinfecting the well, installing treatment, or repairing a portion of your piping. If E. Coli is present – **DO NOT DRINK** water unless you boil it for at least one min or use an alternative water source for drinking and cooking until coliform contamination is resolved.

- **Nitrate in excess of 10 mg/L.** For high nitrates, the most pressing concern is for infants younger than 12 months. Infants and pregnant women should not drink the water until the well has a treatment system that provides continuous water quality below the health standard.

- **Arsenic higher than 0.01 mg/L.** For arsenic problems, you should try to find an alternative water source or use bottled water until treatment can be installed at the well, or in the house at the tap (point-of-use treatment). These findings indicate areas where your water exceeds drinking water standards applicable to public water systems.

- **Manganese higher than 0.3 mg/L.** US EPA recommends that water with manganese levels above 0.3 mg/L should not be given to infants under 6 months of age or young children.

- **Iron higher than 0.3 mg/L** does not currently have a health advisory limit and is mostly considered a nuisance contaminant. It may cause staining of fixture and foster growth of iron-eating bacteria and odor issues. If that occurs, the well and distribution system disinfection may be necessary.

- **Chloride and conductivity** – Although not a health concern, testing for chloride may detect early



signs of seawater intrusion allowing time to adjust water use to prevent further aquifer degradation.

When to test well water

Test your well for coliform when:

- You have not tested during the last 12-months.
- A household member has an unexplained illness.
- You hear your neighbor's well is contaminated or has a failing septic tank system.
- You notice a change in the water's appearance, taste or smell.
- You replace or repair any part of your well system.
- When your well has been flooded.

If E.coli is detected in your well water, you should boil your water before using or consuming.

Test for nitrate when:

- You have not tested during the last 12-months.
- A household member is an infant under 12 months old.
- A household member is pregnant, nursing, or trying to get pregnant.
- You live in area where fertilizers are, or have been, used near your well.

Test for arsenic if:

- You live in an area known to have naturally occurring arsenic in the groundwater.

- You know of neighbors that have high arsenic in their wells.

Test for manganese if:

- You live in an area known to have naturally occurring high concentrations of manganese in

the groundwater.

- You have issues with brownish-black or black staining on your toilet, shower, bathtub, or sink.

Test for iron if:

- You live in an area known to have naturally occurring high concentrations of iron in the groundwater.
- Your water appears clear when coming out of the faucet, but turns red or yellow upon standing.
- Your water leaves yellow, brown, or red stains on laundry and plumbing fixtures

Test for chloride and conductivity if:

- You have a water right from Ecology which requires monitoring for sea water intrusion.
- Your well is within an area of medium, high, or very-high risk for sea water intrusion. View the [Sea Water Intrusion Risk map](#) for more information.

You should know:

- [Island County Hydrogeology Dashboard](#) includes interactive maps to view water quality results for wells in your neighborhood.
- If you send your water testing results to Island County Public Health we will add the results to the Island County Hydrogeology Dashboard.

- Island County Public Health has a water level measuring tape available for homeowners on individual wells who would like to measure the static water level of their well.

Swim Safety Tips

Learn basic swimming and water safety skills with swim lessons early and often.

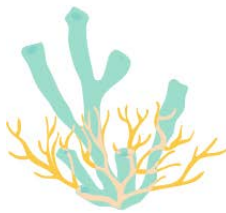
Be aware of the dangers of cold water and currents.

Wear a life jacket.

Never swim while sick and take kids on frequent bathroom breaks.

Go to a pool, it's the safest place to swim!

Avoid drinking alcohol and using cannabis when swimming or boating.



SMOKE: Tips to help during wildfire season

CONTINUED FROM PAGE 3

If the filter appears heavily soiled when you replace it, consider changing it more frequently.

To prolong the life of a filter and prevent rapid overloading, discuss with your HVAC tech installing a low-efficiency pre-filter upstream.

Know how to adjust your HVAC system or window air conditioner to keep smoke out. Examples may include turning off "fresh air mode" or closing the outside air intake. Consider cooling options that will not bring in smoke.

Conduct a pre-wildfire season checkup to ensure all equipment will operate properly and back-up filters are available.

Have multiple sets of higher efficiency filters for smoke events on hand because they may not be available due to increased demand. Consider using a HEPA portable air cleaner to supplement the work

of the HVAC system by removing PM2.5.

Additional specialized filters can be added to the air cleaner to remove gaseous contaminants including some VOCs.

- Buildings other than homes should have a wildfire smoke readiness plan. If your building has a Building Automation System (BAS), consider adding a "Smoke Event" mode to manage outside air intakes.

When outside air is in the Unhealthy for sensitive groups:

- Close all windows and limit use of outside doors to keep smoke-related pollutants out.
- Close outside air intakes unless MERV 13 or higher rated filters are installed to help filter out smoke particles.
- During long-term smoke events, take advantage of periods of improved air quality (such as

during rain or shifts in wind) to use natural ventilation to flush out the building. This will help reduce the levels of CO2 that can build when outside air intakes are shut.

To reduce smoke particles that stick to surfaces in the building and the chemicals they off-gas, damp mop with microfiber cloths and use HEPA-filtering vacuums.

- Reduce all sources of indoor air pollutants, such as use of fragranced products, gas, propane or wood-burning stoves, smoking, and vaping.
- Keep system fans running continuously to help filter the air.
- For schools, if possible, monitor indoor levels to identify areas with worse or better indoor air quality.
- In dense wildfire smoke or in close proximity to a fire, consider using a CO monitor that can detect levels as low as a few ppm.

Know the factors that can lead to heat-related illnesses

CONTINUED FROM PAGE 2

site, must be balanced with actions that help the body cool itself to prevent heat-related illness.

Heat-related illnesses, such as heat exhaustion or heat stroke, happen when the body is not able to properly cool itself. While the body normally cools itself by sweating, during extreme heat, this might not be enough. In these cases, a person's body temperature rises faster than it can cool itself down. This can cause damage to the brain and other vital organs.

Factors that might increase your risk of developing a heat-related illness include:

- High levels of humidity
- Obesity
- Fever
- Dehydration
- Prescription drug use
- Heart disease
- Mental illness
- Poor circulation
- Sunburn
- Alcohol use

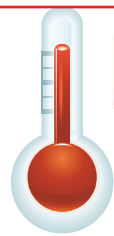
Here are some of the ways you can protect yourself from extreme heat:

- Choose lightweight, loose-fitting clothing.
- Stay in an air-conditioned place as much as possible.
- If your home does not have air conditioning, go to the shopping mall or public library — even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.
- Visit the [Island County Emergency Management website](#) to find local cooling center locations.
- Use your stove and oven less to maintain a cooler temperature in your home.
- Take a cool shower or bath to cool off..

Cars can quickly heat up to dangerous temperatures, even with a window cracked open. While anyone left in a parked car is at risk, children are especially at risk of getting a heat stroke or dying.

When traveling with children,

See **TIPS** on page 13



BEAT THE HEAT: Extreme Heat

Heat-related deaths are preventable

WHAT:

Extreme heat or heat waves occur when the temperature reaches extremely high levels or when the combination of heat and humidity causes the air to become oppressive.

WHO:



Children

More males than females are affected



Older adults



Outside workers



People with disabilities

WHERE:



Houses with little to no AC



Construction workites



Cars

HOW to AVOID:



Stay hydrated with water, avoid sugary beverages



Stay cool in an air conditioned area



Wear lightweight, light-colored, loose-fitting clothes



During extreme heat the temperature in your car could be deadly!

Outside Temperature 80°



Time Elapsed: 20 minutes



Time Elapsed: 40 minutes



Time Elapsed: 60 minutes

HEAT ALERTS: Know the difference.

HEAT OUTLOOK

Minor

Excessive heat event in 3 to 7 days

HEAT WATCHES

Excessive heat event in 12 to 48 hours

HEAT WARNING/ADVISORY

Major

Excessive heat event in next 36 hours

DID YOU KNOW?

Those living in **urban areas** may be at a greater risk from the effects of a prolonged heat wave than those living in rural areas.

Most **heat-related illnesses** occur because of overexposure to heat or over-exercising.

Sunburn can significantly slow the skin's ability to release excess heat.

During 1999–2009, an average of **658** people died each year from heat in the United States.

\$30 BILLION estimated total cost of the 2012 US drought and heatwave.

For more information on ways to beat the heat please visit:
<http://www.cdc.gov/disasters/extremeheat>

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Centers for Disease Control and Prevention
Office of Public Health Preparedness and Response

TIPS: Keep yourself, others safe during a heat event

CONTINUED FROM PAGE 12

remember to do the following:

- Never leave infants, children or pets in a parked car, even if the windows are cracked open.
- To remind yourself that a child is in the car, keep a stuffed animal in the car seat. When the child is buckled in, place the stuffed animal in the front with the driver.
- When leaving your car, check to be sure everyone is out of the car. Do not overlook any children who have fallen asleep in the car.

Don't rely on electric fans

Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness.

Schedule outdoor activities carefully

- Try to limit your outdoor activity to when it's coolest, like morning and evening hours.
- Rest often in shady areas so that your body has a chance to recover.

Pace yourself

- Cut down on exercise during the heat.
- If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.

Know when to stop activity

If exertion in the heat makes your heart pound and leaves you gasping for breath, Stop all activity. Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak, or faint.

Wear sunscreen

Sunburn affects your body's ability to cool down and can make you dehydrated.

If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

Avoid hot and heavy meals

These types of meals add heat to your body.

Stay hydrated

- Drink more fluids, regardless of how active you are.

- Don't wait until you're thirsty to drink.
- Stay away from very sugary or alcoholic drinks—these actually cause you to lose more body fluid.

Visit [Island County Emergency Management's web page](#) for more tips for preparing for and dealing with extreme heat events.

- Avoid very cold drinks, because they can cause stomach cramps.

Replace salts and minerals

- Heavy sweating removes salt and minerals from the body that need to be replaced. A sports drink can replace the salt and minerals you lose in

sweat.

- If you are on a low-salt diet, have diabetes, high blood pressure, or other chronic conditions, talk with your doctor before drinking a sports beverage or taking salt tablets.

Keep your pets hydrated

- Provide plenty of fresh water for your pets, and leave the water in a shady area.

Use a buddy system

- Heat-induced illness can cause a person to become confused or lose consciousness.
- When working in the heat, monitor the condition of your co-workers and have someone do the same for you.
- If you are 65 years of age or older, have a friend or relative call to check on you twice a day during a heat wave. If you know someone in this age group, check on them at least twice a day.

Check on those who are at high risk

Although anyone at any time can suffer from heat-related illness, some people are at greater risk than others:

- Infants and young children
- People 65 years of age or older
- People who are overweight
- People who overexert during work or exercise
- People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation.

COOLING CENTERS: Island County locations

CONTINUED FROM PAGE 2

Sno-Isle Public Libraries

Oak Harbor Library:

Hours: Mon.-Thu. 9 am to 8 pm, Fri.-Sat. 10 am to 6 pm, Sun. 1-5 pm
1000 S.E. Regatta Drive,
Oak Harbor 98277
360-675-5115

Camano Island Library:

Hours: Mon.-Sat. 10 am to 6 pm, Sun. closed
848 N. Sunrise Blvd.,
Camano Island, WA 98282
360-387-5150

Coupeville Library:

Hours: Mon.-Sat. 9 am to 6 pm, Sun. 1-5 pm
788 N.W. Alexander St.,
Coupeville, WA 98239
Phone: 360-678-4911

Freeland Library:

Hours: Mon.-Sat. 9 am to 6 pm, Sun. 1-5 pm
5495 E Harbor Rd.
Freeland, WA 98249
Phone: 360 331-7323

Langley Library:

Hours: Mon. 10 am to 7 pm, Tues. 10 am to 6 pm, Wed. 10 am to 7 pm, Thur.- Sat. 10 am to 6 pm, Sun closed
104 2nd St, Langley, WA 98260
Phone: 360-221-4383

Clinton Library:

Hours: Tues.-Sat. 10 am to 6 pm, Sun.-Mon. closed
4781 Deer Lake Rd,
Clinton, WA 98236
Phone: 360-341-4280