

## **Excessive Heat Warning Issued for Pacific County**

### **Local News**

Posted by: kbkw

Posted on : August 15, 2012 at 9:15 am

South Bend, Washington &ndash; An excessive heat warning is in effect for Thursday, August 16, 2012, from 1:00 p.m. to 9:00 p.m. for the south Washington Coast. Temperatures will warm dramatically across the region with highs in the upper 80's to middle 90's for the coastal areas of south Washington. Winds will become southerly late Thursday along the coast allowing temperature to fall back into the 60's on Friday. **Precautionary/preparedness actions:** Take extra precautions if you work or spend time outside, taking frequent rest breaks in a shaded or air conditioned environment. When possible reschedule strenuous activities to early morning or evening. Know the signs and symptoms of heat exhaustion and heat stroke. Wear light weight and loose fitting clothing and drink plenty of water. Pets can become dehydrated quickly, so give them plenty of fresh, clean water and provide a shady place to get out of the sun. Do not leave an animal unattended inside a vehicle. The inside of a vehicle with windows cracked can quickly reach in excess of 100 degrees on an 85 degree day.