

FOR IMMEDIATE RELEASE

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National Weather Service Issues Excessive Heat Warning; cooling shelter at Renton's Senior Activity Center

RENTON, WA - The National Weather Service has issued an [excessive heat warning](#) for the region, with temperatures expected to rise into the mid-90s this Friday and Saturday. Excessive heat warnings are typically issued when the forecast calls for a prolonged period of high temperatures. When that is combined with high humidity the danger for heat-related illnesses increases. Older adults, young children, and people with mental illness and chronic diseases are at particularly high risk.

The Renton Senior Activity Center, 211 Burnett Avenue North, will extend their hours on Friday and Saturday and be open from 9 a.m. to 9 p.m. to serve as a cooling shelter and help residents deal with the heat. Other public places such as libraries, movie theaters and stores are also good places to beat the heat. The Renton Community Center would normally be open, but it is currently closed while undergoing maintenance.

City of Renton officials are continuing to monitor the weather conditions and needs of the community and will provide additional support as warranted. The city is asking citizens to be proactive in planning to stay safe in the heat, take appropriate measures to protect their personal health, reduce the risk of fire and prevent criminals from entering their home. Family, friends and neighbors are also urged to check in frequently with elderly residents who may need assistance dealing with the hot weather.

The following are some tips to protect yourself:

Stay cool

- Spend more time in air conditioned places. If you don't have air conditioning, consider visiting a mall, movie theater or other cool public places.
- Cover windows that receive morning or afternoon sun.
- Dress in lightweight or loose-fitting clothing.
- Check up on your elderly neighbors and relatives and encourage them to take these precautions, too.

Drink liquids

- Drink plenty of water. Avoid drinks with caffeine, alcohol and large amounts of sugar because they can actually dehydrate your body.

- Have a beverage with you as much as possible and sip or drink frequently. Don't wait until you're thirsty to drink.

If you go outside:

- Limit the time you're in direct sunlight.
- Do not leave infants, children, people with mobility challenges and pets in a parked car, even with the window rolled down.
- Avoid or reduce doing activities that are tiring or take a lot of energy.
- Do outdoor activities in the cooler morning and evening hours.
- Avoid sunburn. Use a sunscreen lotion with a high SPF (sun protection factor) rating.

Water safety

- Some people turn to local rivers to cool off, but drowning is a real concern. Please use caution and wear an approved personal flotation device (PFD) while on the water. If you want to swim, choose a safer location—visit a local pool or a beach with a lifeguard instead.

More tips in English, Spanish, Chinese Vietnamese, Russian and Korean are available from [King County](#).

The latest King County emergency news can be found on their [blog](#).

Outdoor Burn Ban in effect

The National Weather Service has also posted a [red flag warning](#) for critical fire weather conditions in Western Washington. Outdoor burning, including recreational fires, are prohibited. More information is on the [National Weather Service](#) website.

About the City of Renton

The City of Renton, Washington is located on the southeast shore of Lake Washington with a population of 101,300. Renton's strong economic base, diverse marketplace and favorable business climate have attracted the attention of nationally recognized companies that are looking to provide employees and their families with an outstanding quality of life. It is the home of Boeing, IKEA, the Seattle Seahawks, and the eternal resting place of Jimi Hendrix. More information can be found at [rentonwa.gov](#).

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