



CITY OF BAINBRIDGE ISLAND

FOR IMMEDIATE RELEASE: July 28, 2009

Contact: Lt. Denise Giuntoli
Bainbridge Island Police Department
City of Bainbridge Island
(206)780-4692
dgiuntoli@ci.bainbridge-isl.wa.us

Keep Your Cool!

BAINBRIDGE ISLAND, July 28, 2009 – With 90 – 100 degree temperatures expected throughout the central Puget Sound region in the coming days, the National Weather Service has issued an excessive heat warning as well as an air stagnation advisory. Both are in effect through Thursday, July 30 at 6 pm.

“Sustained high temperatures pose a special danger for the elderly, house-bound and other vulnerable individuals who may have no way to get out of the heat,” said Police Chief Jon Fehlman. “We encourage island residents to check in on neighbors, family members or others who might need assistance at least twice a day. If you believe you may be vulnerable, arrange for someone to check in with you. For police assistance, dial 842-5211, 8 am to 5 pm, or 911 at night or in an emergency.”

Resources for residents seeking relief include cooling stations at the Police Station, at the intersection of Winslow Way and Highway 305, open from 8 am – 5 pm, and Fire Station 21, at the intersection of Madison Ave. and Highway 305, open from noon – 5 pm. The Senior Center on Bjune Drive has extended its hours to 8:30 am – 7 pm. Wednesday night’s Concert in the Park will be held indoors, at the Bainbridge Commons. Ice and water have been provided for these locations by McDonald’s of Bainbridge Island. The Poulsbo Fire Department headquarters at 911 Liberty Road will also be open to the public until 3 pm today, from 7 am to 6 pm Wednesday, and 7 am to 7 pm Thursday.

Additional Tips for Keeping Cool:

- Drink lots of cool water in order to remain well-hydrated.
- Avoid caffeine, alcohol, heavy meals and hot foods.
- Limit exposure to the sun, especially at mid-day.
- Wear light-colored, light-weight clothes and a fabric hat or bandana that can be soaked with cold water to help keep you cool.
- Don’t leave any person or animal in a parked vehicle, even with the air conditioning on. The heat inside a vehicle can be 20 degrees hotter than the outside air, and can render a child or a vulnerable adult unconscious in a matter of minutes. Anyone who sees a child or animal left in a parked vehicle should call 911 immediately.

- Make sure pets have plenty of water, and outdoor animals have access to shade all day.
- For more safety and preparedness tips, including how to watch for symptoms of heat exhaustion and heat stroke, visit the Kitsap County Department of Emergency Management website at www.kitsapdem.org

#