



SNOHOMISH REGIONAL FIRE & RESCUE

For Immediate Release

Date: June 26, 2021  
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### **Snohomish Regional Fire & Rescue to open public hot weather shelters**

[Monroe, WA] – As our region approaches record breaking temperatures, Snohomish Regional Fire & Rescue is setting up two public hot weather shelters to help those without other options seek respite from the heat.

Both shelters will be open on Sunday, June 27<sup>th</sup> and Monday, June 28<sup>th</sup> from 12:00 p.m. to 9:00 p.m. when temperatures are to reach their highest.

#### **Shelter locations:**

Snohomish Regional Fire & Rescue - Station 31  
163 Village Court  
Monroe, WA 98272

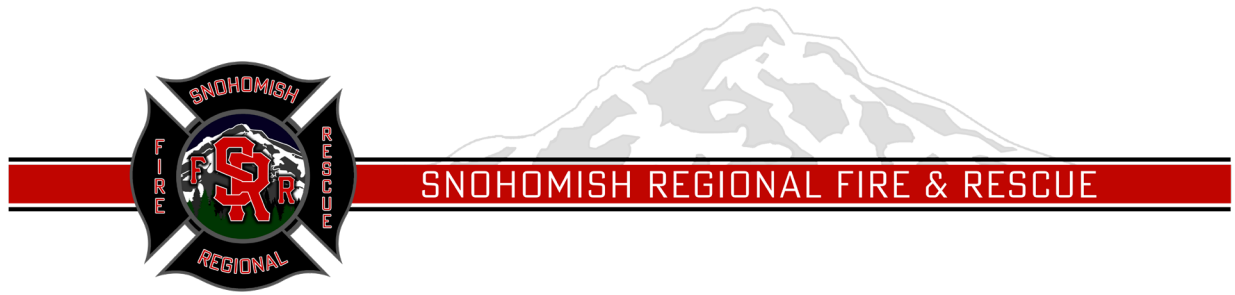
Snohomish Regional Fire & Rescue - Station 71  
8010 180<sup>th</sup> Street SE  
Snohomish, WA 98296

Snohomish Regional wants residents to be aware of the signs of heat related illnesses. It is important not to underestimate the dangers of heat, even with short exposure.

#### **HEAT EXHAUSTION**

Move to a cool place, hydrate, and reduce temperature with cool cloths or cool bath. Seek medical help if symptoms worsen or last longer than 1 hour.

- Heavy sweating
- Cold, pale, clammy skin
- Fast, weak pulse
- Nausea or vomiting
- Muscle cramps
- Weakness or fatigue
- Dizziness
- Headache
- Fainting



HEAT STROKE Call 911.

This is a medical emergency

- High body temperature (103 degrees F or higher)
- Hot, red, dry or damp skin
- Fast, strong pulse
- Headache
- Dizziness
- Nausea
- Confusion
- Loss of consciousness

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*At the beginning of 2020, Lake Stevens Fire and Snohomish County Fire District 7 merged agencies and formed Snohomish Regional Fire & Rescue. The district serves over 175,000 people over 140 square miles and is dedicated to saving lives, protecting property, safeguarding the environment, and taking care of people in a fiscally responsible manner. Snohomish Regional Fire & Rescue serves the cities of Lake Stevens, Mill Creek, and Monroe along with the unincorporated areas surrounding these communities. In 2020, emergency personnel responded to more than 16,000 emergency calls. Through community support, Snohomish Regional Fire & Rescue has built an advanced emergency response system in Snohomish County with highly trained personnel and progressive rescue programs. We appreciate your support and are grateful for the opportunity to serve our community.*