



CITY OF FEDERAL WAY
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Jim Ferrell, Mayor

**FOR IMMEDIATE RELEASE
MEDIA CONTACT**

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City Offers “Cooling Center” for potential heat wave

The City of Federal Way is offering citizens a place to find relief in advance of a forecasted heat wave. The Federal Way Community Center, located at 876 S. 333rd Street, will be available as a respite from high temperatures and will remain available as necessary until the forecasted high temperature situation has eased.

The National Weather Service has issued an excessive heat warning in effect from 2pm Tuesday to 9pm Friday. During the forecasted period of extreme hot weather, the Community Center will be open to citizens of all ages who need some air-conditioned relief. Weekday hours of operation are 5:30 a.m. until 9:30 p.m. Weekend hours of operation are Saturdays 7 a.m. to 6 p.m. and Sundays 9 a.m. to 6 p.m.

Citizens are reminded that special services will not be available (such as free use of the swimming pools, workout equipment, showers, etc). Individuals may choose to purchase a day-use pass if interested in using building amenities: Tots (0-2)-FREE, Children (3-11)-\$5.00
Teens (12-17) - \$6.00, Seniors (62+)- \$6.00, Adults (18-61)- \$8.00. Common areas; including the lobby, game room, Forest Lounge, and restrooms will be available at no charge. The Splash Café, located in the main lobby will be open for drink and snack purchases. No pets are allowed, except for service animals.

For facility questions, please visit www.ItAllHappensHere.org or contact the Federal Way Community Center at 253.835.6900

Heat waves are of great concern for those who are vulnerable to extreme temperature variations, such as the elderly, the very young, or those with other medical conditions that could lead to heat stroke or other problems.

Because many homes in the region do not have air conditioning, there is a significantly greater risk of heat-related illnesses, especially for:

- Older adults
- Infants and young children
- People with mental illness and chronic diseases
- People with disabilities
- People who are overweight
- Those who work or exercise outdoors
- People experiencing homelessness
- People who take certain medications, especially those taken for mental disorders, movement disorders, allergies, depression, and heart or circulatory problems

Ways to stay safe

- Watch for signs of heat exhaustion or heat stroke. Seek medical care immediately if you know someone who experiences symptoms.

Signs of heat exhaustion:

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Weak pulse
- Fainting
- Vomiting

Signs of heat stroke:

- High body temperature (103 degrees or higher)
- Hot, dry skin
- Rapid and strong pulse
- Possible unconsciousness
- Check on at-risk friends, family, and neighbors twice a day.
- Stay cool. Spend time in air-conditioned buildings, such as libraries, shopping malls, and community centers, and avoid direct contact with the sun.
- Stay hydrated. Drink plenty of water and don't wait until you're thirsty to drink more.
- Never leave infants, children, or pets in a parked car, even if the windows are cracked open.
- Choose safe swimming options. Lakes, rivers, and Puget Sound can all be dangerously cold, even in the summer. Wear a lifejacket and swim at lifeguarded beaches and pools.
- Plan ahead when taking public transportation. Not all buses have air conditioning and events or construction might affect your bus schedule.

Link to the National Weather Service

<http://forecast.weather.gov/wwamap/wwatxtget.php?cwa=sew&wwa=excessive%20heat%20warning>

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