



NEWS *from* Clatsop County

Clatsop County Manager's Office
800 Exchange St., Suite 410, Astoria, OR 97103
(503) 325-1000 Fax (503) 325-8325

FOR IMMEDIATE RELEASE

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Media Contact

media@ClatsopCounty.gov

Excessive Heat Warning Issued for Clatsop County

(Astoria, OR) — Most of Clatsop County will be under an [excessive heat warning](#) Thursday, July 4 through Sunday, July 7 according to the National Weather Service Portland.

"We're talking from going from the 60s to 100 plus degrees in 24-48 hours," said Justin Gibbs, Clatsop County Emergency Management Director.

Interior parts of Clatsop County can expect dangerously hot conditions with temperatures possibly from 100 to 105 degrees. Hottest temperatures are expected Friday through Sunday, peaking on Saturday, according to NWS Portland.

"We have two concerns," said Jill Quackenbush, Clatsop County Public Health Deputy Director.

"The first is heat-related illnesses. We encourage individuals to keep hydrated, stay out of the heat as much as possible and check on loved ones and neighbors. You can check your heat risk with the CDC's new [HeatRisk](#) tool. It is simple to use. All you need to do is enter your zipcode.

"Our second concern is that folks will head for rivers and ocean to cool off forgetting that the water is still very cold. [Water shock is a leading cause of drowning](#)," she said.

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Heat related illnesses increase significantly during extreme heat events. During extreme heat the National Weather Service recommends:

- Drink plenty of fluids
- Stay in an air-conditioned room
- Stay out of the sunshine
- Check up on relatives and neighbors

If you plan on being by the water:

- Bring plenty of fluids
- Bring the right safety gear
- Put together a [float plan](#) so family and friends know where you are heading and when you're expected back

"We also caution people to avoid leaving young children and pets in unattended vehicles. Car interiors will reach lethal temperatures in minutes," Quackenbush said.

During this extreme weather event, public buildings such as government offices, libraries and some fire departments can serve as cooling spaces during the heat.

For cooling center information and other human services, dial 2-1-1 during business hours or visit 211info.org in Oregon or wa211.org in Washington.

For more information, visit the [National Weather Service](#) for forecast updates.