

Dear SHA Housing Choice Voucher Participants,

With record hot temperatures expected to reach 90 degrees in the coming days, the Seattle Housing Authority encourages you to take the heat warnings seriously and follow public health guidance to take care of yourself and others. In these temperatures it's easy to get dehydrated and overheated. In extreme cases this can lead to life-threatening heatstroke. In this message we provide links with detailed information on:

- The dangers and symptoms of getting overheated
- How to stay cool and hydrated
- Public places to get cool such as libraries, pools and parks
- General water safety
- Taking care of children, pets, the elderly, neighbors and others
- A mini comic book in twelve languages on staying safe in the heat

Please take a moment to click on the following links to access information from Public Health – Seattle and King County, Seattle Humane Society, The Seattle Public Library and more.

Stay cool, drink water and stay safe over the next few hot days.

From your friends at SHA

Additional resources

- [First King County heat wave of 2022: What you should know](#)
- [Hot weather: How to stay cool and safe - King County](#)
- [Escape the heat at The Seattle Public Library](#)
- [Washington 2-1-1 Cooling Centers in King County](#)
- [Water safety](#)
- [Keep your hot dogs and cats cool – Seattle Humane Society](#)