

Dear SHA Resident,

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, 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, The Seattle Public Library, Seattle Humane Society and more.

[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](#)

In addition, where possible SHA will open community rooms and other common areas during the heat wave and we encourage you to take advantage of these areas. This will include air-conditioned community rooms at Seattle Senior Housing and other locations, and common areas at other facilities where fans and increased ventilation may provide relief from hotter individual units. Please note that we encourage masks and social distancing in these indoor SHA spaces as precautions against COVID.

We are able to open common area cooling spaces at most SHA locations. In a few buildings there may be something preventing us from doing so. If a cooler common area is not open at your location, please consider going to one of the public cooling stations found at the links above.

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

From your friends at SHA