

# Excessive Heat Resources

## *For people experiencing homelessness*



During summer months, temperatures can rise dramatically. People experiencing homelessness are at extreme risk of heat exposure-related illnesses. Take advantage of free transportation on Pierce Transit to cooling centers located around the county. Learn more at [tpchd.org/keepcool](http://tpchd.org/keepcool).

### Tips to keep cool:

- Use cooling or wet towels.
- Use an umbrella for shade
- If you're outside, find shade. Wear a hat wide enough to protect your face.
- Wear light clothing.

### Recognize the signs of heat-related emergencies:

**Heat cramps** are painful spasms of the leg or stomach muscles. Heavy sweating can also occur. Heat cramps do not need medical attention, but you should:

- Stop all activity.
- Sit quietly in a cool place.
- Drink water, juice, or a sports drink.

**Heat exhaustion** symptoms include:

- Extreme fatigue.
- Heavy sweating.
- Thirst.
- Headache.
- Dizziness.
- Fast and shallow breathing.
- Nausea and vomiting.
- Pale and moist skin.
- Fast, weak pulse.

If untreated, symptoms may progress to heat stroke. Cooling measures include:

- Rest in an air-conditioned environment.
- Lightweight clothing.
- Cool non-alcoholic beverages.
- A cool shower or bath.

**Heat stroke** is a life-threatening condition. Your skin no longer sweats and becomes red, dry and very hot. Your body temperature is above 103°F and can rise to 106° F in as little as 15 minutes. You may also have:

- Chest pain.
- Shortness or shallowness of breath.
- Abdominal pain.
- Confusion.
- Anxiety.
- A rapid pulse.
- Throbbing headache.

Until emergency medical care arrives, caregivers should cool the person however possible:

- Remove extra layers of clothing.
- Fan.
- Wrap in a wet sheet.
- Sponge with cool liquids.
- Spray with cool water from a garden hose.

People living with chronic medical conditions are less likely to sense and respond to changes in temperature. They may also take certain medicines that intensify the effects of extreme heat.

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### Water fountains at Pierce County & Metro Parks

#### Pierce County Parks—North region

3 Total

- (1) East Puyallup Trailhead
- (1) McMillian Trailhead
- (1) North Lake Tapps Park

#### Pierce County Parks—South region

11 Total

- (2) Ashford Park—1 near playground, 1 near upper restroom.
- (1) Cross Park—Near building.
- (2) Frontier Park—*Not* ADA accessible.
- (3) Heritage Recreation Center—1 near soccer field A, 1 near restroom, 1 near north entrance to Chapman Trail.
- (2) Meridian Habitat Park—1 near dog park, 1 near restroom.
- (1) South Hill Community Park—Near restroom.

#### Pierce County Parks—West and Central regions

15 Total

- (5) Chambers Creek Regional Park—All water fountains work except the water fountain near the playfield restrooms. 5 working fountains and 1 that does not.
- (3) Sprinker Recreation Center—All water fountains and bottle filling stations are operational.
- (6) Spanaway Park—All fountains are operational.
- (1) Gonyea Playfield
- (0) Dawson Playfield—1 fountain is inoperable.

#### Metro Parks—Ruston Way

3 Total

- (1) Knox
- (1) Dickman restroom building
- (1) Old Town restroom building

#### Metro Parks—Ruston Way Waterwalk

1 Total

- (1) Between the restrooms at WildFin.

#### Metro Parks—Dune Peninsula

1 Total

- (1) Restroom building.

#### Metro Parks—Point Defiance

4 Total

- (1) Bowl restroom (duck pond)—includes a bottle filling fountain.
- (1) Near Arbor 3 below large pine trees—includes a dog fountain.
- (1) Main picnic grounds near play structure.
- (1) Fort Nisqually picnic shelter, restroom side.

#### Metro Parks—South and East

6 Total

- (1) Verlo Playfield
- (1) South Park
- (1) Wapato Hills Park
- (1) Wapato Park
- (1) McKinley Park
- (1) Rogers Playfield

#### Metro Parks—West

8 Total

- (2) Kandle Park—Fountains inside and outside pool work. Dog fountain does not work.
- (2) Vassault Park
- (2) Titlow Park
- (2) STAR Center—Dog fountain available.