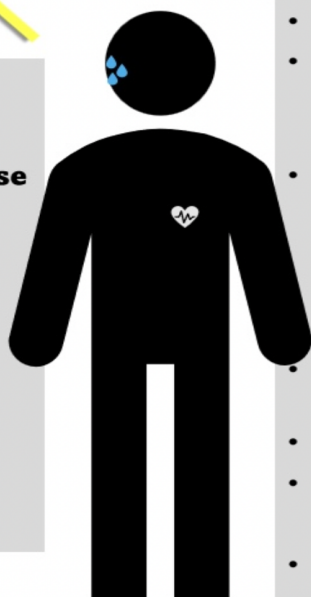


Know the Symptoms

Heat Exhaustion

- Feeling faint or dizzy
- Rapid weak pulse
- Nausea
- Excessive sweating
- Cool, pale, clammy skin
- Weakness
- Muscle cramps



Heat Stroke

- Confusion
- Throbbing headache
- Rapid strong pulse
- Nausea, vomiting
- Body temperature >103
- Red, hot, dry skin
- No sweating
- Might lose consciousness

WHAT TO DO

Get to a cooler place
Drink sips of water
Loosen clothes
Cool shower/cold compress

Call 9-1-1
Move person to cooler area

WITH TEMPERATURES ABOVE 90 JULY 25-29, ANYONE LIVING ON THE STREETS OR IN A CAR MAY BE IN REAL DANGER OF HEAT EXHAUSTION OR HEAT STROKE

HOT WEATHER RESOURCES

Check www.pchomeless.org for the latest information

Cooling Stations

Tacoma Public Libraries and Pierce County Public Libraries are open during regular business hours with cooling. Tacoma Public Libraries are closed on Sundays and Mondays.

Brotherhood RISE (2136 Martin Luther King Jr. Way in Tacoma) is open from Noon to 9 p.m. each day and also offers water.

Lighthouse Activity Center (5016 A St. in Tacoma) is open to anyone in the community beginning 7/26 for cooling and water, 8:30 a.m.-5:30 p.m.

Beacon Center (415 S. 13th St.) is open for seniors 60+ Monday and Tuesday

Key Peninsula Civic Center is open daily from 8 a.m. to 9 p.m., with water available.

PIERCE TRANSIT OFFERS FREE RIDES TO COOLING SITES

PETS ARE IN DANGER TOO

If it's too warm in a car a dog can suffer heat stroke in as little as 10 minutes, which can lead to seizures and death. Some warning signs to look out for are panting, drooling, vomiting, dizziness and red gums. What to do -- get them out of the heat and douse their paws with water.





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COMMUNITY RESOURCES

Tacoma Rescue Mission
Meals & Shelter (Single Adults)
425 South Tacoma Way
Tacoma, WA 98402
253-383-4493 x 1106

MDC
Detox & Outpatient Treatment
721 Fawcett Avenue, suite 100
253-593-2413

Comprehensive Life Resources
Homeless Outreach
1305 Tacoma Avenue South, Suite 305
homelessoutreach@cmhshare.org
253-396-5065

Tacomaprobono Community Lawyers
***eviction defense, legal financial obligations,
evictions on your record***
621 Tacoma Avenue South, Suite 302
online intake www.tacomaprobono.org
phone lines open 10-12 M-Th, in-person intake
1-3 p.m. M-Th

Pierce County Alliance
addiction treatment
Recovery Navigation Program
510 Tacoma Avenue South
253-878-6057
After hours crisis line: 1-800-576-7764

Catholic Community Services
Nativity House Shelter & Day Center
702 S. 14th St.
Tacoma, WA 98405
253-502-2780
Family Day Center
5050 South Tacoma Way
Tacoma, WA 98409
253-471-5340

The Salvation Army
1501 - 6th Ave.
Tacoma, WA 98405
253-572-8452

Sea Mar
Health Care for the Homeless
1307 S. 11th St.
Tacoma, WA 98405
253-682-2180

Beacon Young Adult Shelter
Ages 18-24
415 S. 13th St.
Tacoma, WA 98402
253-677-0102
Open 8 a.m. -5 p.m. for day center activities, 6
p.m. to 8 a.m. for shelter



CONTACT TACOMA TENT NEWS: tacomatentnews@gmail.com