

# Commissioners, sheriff urge caution as hot weather nears

ALBANY — Linn County Commissioners Roger Nyquist, Sherrie Sprenger and Will Tucker encourage mid-valley residents to take precautions as unusually warm — possibly record-setting — triple-digit temperatures are expected to arrive this weekend.

Highs of 105 degrees on Saturday and 107 — possibly up to 113 degrees on Sunday — are forecast for the mid-valley. The commissioners remind area residents to remain hydrated and stay out of direct sunlight as much as possible during the hottest parts of the day.

Senior citizens and young children are especially vulnerable to extreme heat.

According to the Centers for Disease Control, more than 700 people die of heat-related issues every year in the United States alone.

Nyquist reminds people to never leave children or pets in vehicles, not even for a few minutes. It can take less than one hour for the interior temperature of a vehicle parked in direct sunlight to top 120 degrees.

“When outside temperatures climb into the 100-degree range, it can easily be 115 or 120 degrees inside a vehicle,” Nyquist said. “Always double check that no children or pets are left inside your vehicle when shopping, or when you get home.”

Linn County Sheriff Jim Yon said hot air temperatures and cool water temperatures in area rivers and lakes can be a dangerous combination.

“We encourage everyone to be mindful of not only the air temperature, but also water temperatures when they are recreating on our lakes and rivers this weekend,” Sheriff Jim Yon said. “Make sure you stay hydrated by drinking water and keeping your alcohol consumption to a minimum.”

Yon added his deputies will be patrolling area waterways all weekend.

He said anyone boating or swimming in area reservoirs and rivers should be mindful that water temperatures are still cool. He said people floating down rivers should be cautious about woody debris that can hang up or flip their water craft.

He also encourages people to wear a proper life preserver at all times.

“We want everyone to have fun, but also to be very safe if the extremely hot weather does arrive,” Yon said.



Linn County Sheriff Jim Yon reminds people to wear a properly fitting life preserver when recreating on water this weekend.

Parks Director Brian Carroll is asking people to stay away from the new water safety barrier at Lewis Creek County Park.

“The new water safety barrier at Lewis Creek County Park swim area was installed for public safety,” Carroll said. “It is not to be climbed on played on or tampered with in any way because that can compromise safety for all.”

The Centers for Disease Control offers the following tips to beat the heat:

- Stay in air-conditioned buildings as much as you can and that may include public buildings if your home does not have air conditioning.
- Do not rely on a fan as your main cooling device during an extreme heat event. It merely recirculate warm air.
- Drink more water than usual and do not wait until you’re thirsty to drink.
- Check on a friend or neighbor and have someone do the same for you.
- Don’t use the stove or oven to cook—it will make you and your house hotter.
- Limit your outdoor activity, especially midday when the sun is hottest.
- Wear and reapply sunscreen as indicated on the package.
- Pace your activity. Start activities slow and pick up the pace gradually.
- Wear loose, lightweight, light-colored clothing.

**Media contact:** Alex Paul, Linn County Communications Officer, 541-967-3825 or email [apaul.co.linn.or.us](mailto:apaul.co.linn.or.us).