



Siletz Community

CLIMATE CHANGE & EXTREME HEAT



Extreme heat events, or heat waves, are a leading cause of EXTREME WEATHER-RELATED DEATHS in the United States and the number of heat-related deaths is rising!



WHO'S AT RISK?



Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning

WHAT CAN YOU DO?



STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device



STAY HYDRATED

- Drink more water than usual
- Don't wait until you're thirsty to drink more fluids
- Avoid alcohol or liquids containing high amounts of sugar
- Remind others to drink enough water



STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Learn the symptoms of heat illness



LEARN MORE!

Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat at

www.cdc.gov/ephtracking



HELMETS ARE BACK!

SILETZ COMMUNITY HEALTH HAS HELMETS AGAIN! IF YOU WOULD LIKE ONE, PLEASE CALL:

SIERRA WARREN
541-444-9652

OR

JEFF GREEN
541-444-9613

FOR AN APPLICATION

Wearing a bike helmet can significantly reduce the risk of serious head injuries in the event of a fall.



WE PROUDLY BRING YOU

RUN TO THE ROGUE STEP CHALLENGE

An app-led virtual journey to honor our annual event, get some steps in, and share our progress across a Siletz Run to the Rogue specific community app! Chat with friends, contribute to the total steps for our group goal, or simply participate to honor our journey.

JULY 14-SEPT. 1

Join us as we pay homage to our historical journey, share our progress, and participate in virtual challenges

<https://www.eventbrite.com/e/run-to-the-rogue-step-challenge-tickets-1233995627139?aff=oddttdtcreator>
REGISTER BY JULY 15!