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网站链接: <http://seattlechinesetimes.com/2021/06/23/dangerous-heat-wave-peaks-northwest/>

危险热浪袭击将太平洋西北地区

By Staff

June 23, 2021

(本报讯) 国家气象局 (NWS) 周三发出警告说, 未来几天美国太平洋西北部可能会经历一场历史性热浪侵袭, 这有可能会刷新新高温纪录、对该地区的电网带来负荷; 并危及脆弱群体, 如引发多种与高温相关的疾病等。《路透社》指高温只会让西海岸的情况变得更糟, 因为过去一年的降雨和降雪量极低, 使该地区处于历史性的严重干旱和野火的高风险之中。过去 20 年来, 由于严重的干旱条件下, 超过 40 场严重的野火已燃烧超过 50 万英亩土地。太平洋西北部的炎热气温可能会攀升到三位数, 晚间气温几乎没有下降现象。总统拜登将在下周与西部各州州长及联邦灾变管理局 (FEMA) 官员举行会议, 讨论这些极端天气状况的准备和应对工作。

由于西雅图本周末 (26 日至 28 日) 预计气温将达到 90 度左右, 西雅图市政府发布了炎热天气下的如何确保安全, 及在此期间有限制地重开一些公共设施场所可以给居民乘凉。根据西雅图及金县公共卫生部发布的指南及建议: 居民应饮用足够的水, 保持含水量; 随时携带饮料, 请不要等到口渴才喝水, 应经常饮用补充水分; 避免饮用含有咖啡因、酒精以及大量糖分的饮料, 因为这些饮料会导致脱水; 定期检查年老或者行动不便的朋友、家庭成员以及邻居, 确保他们保持凉快以及有水饮用。

如果可以, 减少、打消或重新安排没有空调的剧烈户外活动; 如需进行户外锻炼, 请尽量选择在早上或傍晚时活动。另外, 切勿将婴儿或儿童留在无人看管的车内, 即使车窗不是在锁闭状态; 因为车内的温度上升很快, 即使车外温度是 60 度, 车内也很容易升温到 110 度。

保护您的宠物

在热浪下宠物特别脆弱, Seattle Animal Shelter 有以下建议: 请不要让你的宠物在无人看管的情况下直接待在阳光底下。提供阴凉的地方给您的宠物休息, 例如狗屋、走廊、成荫的树下, 并提供的水。如果你把宠物留在室内, 请打开窗户、开风扇、提供足够的水, 如果可以的话, 尽量把他们留在凉快的地方。不要在无人看管的情况下把宠物留在车内。动物不像人类一样会出汗, 它们透过喘息来保持凉爽。动物踩的座位变热后会阻止动物从脚掌出汗。车厢温度快速上升时, 会让它们受困以及不能避暑。如果你要带宠物外出, 请携带水。如果在途中因为某事你需要把您的宠物留在车厢, 再三思考你是否可以改日再做这件事。这不值得冒险。请避免在酷热的天气下让你的宠物过度做运动。适度的运动是好的, 但是在极端的酷热、肥胖、年老、怀孕以及有潜在疾病的情况下, 动物易于虚脱中暑。对于鸟类宠物, 在酷热的中午期间, 请小心把鸟笼置离太阳底下。请提供水, 以及含有高水分的水果和蔬菜。

图书馆

由于州卫生要求, 图书馆限流 50%, 而且无论疫苗接种情况如何, 居民仍然需要戴口罩, 并且保持社交距离。多家图书馆已/将重新开放, 为居民提供有空调的公共空间, 在造访前, 请登上 SPL.org 在线查看图书馆开放时间, 或拨打 SPL 咨询热线 206-386-4636。

Ballard Branch

Status: Reopened

Hours: Open from 10 a.m. to 6 p.m. Tuesdays through Saturdays

Beacon Hill Branch

Status: Reopened

Hours: Open from 10 a.m. to 6 p.m. Tuesdays through Saturdays

Broadview Branch

Status: Reopened

Hours: Open from 10 a.m. to 6 p.m. Tuesdays through Saturdays

Central Library

Status: Reopening Levels 1, 3 and 5 on Tuesday, June 22

Hours: Open from 10 a.m. to 6 p.m. Tuesdays through Saturdays

Delridge Branch

Status: Reopening Wednesday, June 23

Hours: Open from 10 a.m. to 6 p.m. Mondays and Wednesdays

Douglass-Truth Branch

Status: Reopened

Hours: Open from 10 a.m. to 6 p.m. Tuesdays through Saturdays

Greenwood Branch

Status: Reopening Wednesday, June 23

Hours: Open from 10 a.m. to 6 p.m. Wednesdays and Fridays; noon to 6 p.m. Sundays

High Point Branch

Status: Reopening Wednesday, June 23

Hours: Open from 10 a.m. to 6 p.m. Wednesdays and Fridays; noon to 6 p.m. Sundays

International District/Chinatown Branch

Status: Reopening Sunday, June 27

Hours: Open from 10 a.m. to 6 p.m. Mondays; noon to 6 p.m. Sundays

Lake City Branch

Status: Reopened

Hours: Open from 10 a.m. to 6 p.m. Tuesdays through Saturdays

Magnolia Branch

Status: Reopening Wednesday, June 23

Hours: Open from 10 a.m. to 6 p.m. Wednesdays and Fridays; noon to 6 p.m. Sundays

Rainier Beach Branch

Status: Reopened

Hours: Open from 10 a.m. to 6 p.m. Tuesdays through Saturdays

South Park Branch

Status: Reopening Thursday, June 24

Hours: Open from 10 a.m. to 6 p.m. Mondays, Thursdays and Saturdays

游泳池和其他水域区

浅水池将按照以下时间表向公众开放，喷水公园将于 6 月 26 日星期六向公众开放。浅水池（从 6 月 26 日星期六中午到晚上 7 点开始，除非另有张贴）

Volunteer, 1400 E Galer St, Sat/Sun/Mon/Tues

East Queen Anne, 160 Howe St., Thurs/Fri/Sat/Sun

Powell Barnett, 352 Martin Luther King Way, Thurs/Fri/Sat/Sun

Dahl, 7700 25th Ave. NE, Sat/Sun/Mon/Tues

Soundview, 1590 NW 90th St., Sat/Sun/Mon/Tues

Bitter Lake 13035 Linden Ave. N, Thurs/Fri/Sat/Sun

Green Lake (opens 7/2), N 73rd and E Green Lake Dr. N, Thurs/Fri/Sat/Sun

Van Asselt, 2820 S Myrtle St., Thurs/Fri/Sat/Sun

Delridge, 4501 Delridge Way SW, (12pm to 5:30pm), Sat/Sun/Mon/Tues

South Park, 8319 8th Ave. S, Sat/Sun/Mon/Tues

Lincoln, 8600 Fauntleroy Ave. SW, Thurs/Fri/Sat/Sun

喷水公园（从 6 月 26 日星期六开始，每天上午 11 点至晚上 8 点）

- Beacon Mountain at Jefferson Park, 3901 Beacon Ave. S
- John C. Little, 6961 37th Ave. S
- Lower Judkins, 2150 S Norman St.
- Georgetown Playfield, 750 S Homer St.
- Highland Park, 1100 SW Cloverdale
- Lake Union Park, 860 Terry Ave. N
- Miller Community Center, 330 19th Ave. E
- Northacres Park, 12800 1st Ave. NE
- Yesler Terrace Park, 917 Yesler Way

有救生员的海滩（从 6 月 26 日星期六开放，平日时间为中午至晚上 7 点，周六和周日由上午 11 点至晚上 7 点）

- Matthews, 9300 51st Ave. NE through September 5
- Madison, 1900 43rd Ave. E through September 5
- Mt. Baker, 2301 Lake Washington Blvd. S through September 5
- Seward, 5902 Lake Washington Blvd. S through September 5
- West Green Lake, 7312 W Green Lake Dr. through September 5
- Magnuson, park entrance at NE 65th and Sand Point Way NE through August 28
- Madrona, 853 Lake Washington Blvd. through August 28
- Pritchard Beach, 8400 55th S through August 28

室外游泳池

- Pop" Mounger Pool, 2535 32nd W, daily, 9 a.m. to 5: 30 p.m., visit here for [public swim times](#).
- Colman Pool, 8603 Fauntleroy Way SW, daily, noon to 7 p.m., visit here for [public swim times](#).

西雅图及金县公共卫生（西雅图及金郡公共健康）的温馨提示 - [Public Health - Seattle & King County](#)

西雅图消防局（西雅图消防局）的温馨提示 - [Seattle Fire Department](#)