

以下資料轉載及節錄自西城時報網站，所有內容均以官方網站公布資料為準。

網站鏈接: <http://seattlechinesetimes.com/2021/06/23/dangerous-heat-wave-peaks-northwest/>

危險熱浪襲擊將太平洋西北地區

By Staff

June 23, 2021

(本報訊) 國家氣象局 (NWS) 周三發出警告說，未來幾天美國太平洋西北部可能會經歷一場歷史性熱浪侵襲，這有可能會刷新新高溫紀錄、對該地區的電網帶來負荷；並危及脆弱群體，如引發多種與高溫相關的疾病等。《路透社》指高溫只會讓西海岸的情況變得更糟，因為過去一年的降雨和降雪量極低，使該地區處於歷史性的嚴重干旱和野火的高風險之中。過去 20 年來，由於嚴重的干旱條件下，超過 40 場嚴重的野火已燃燒超過 50 萬英畝土地。太平洋西北部的炎熱氣溫可能會攀升到三位數，晚間氣溫幾乎沒有下降現象。總統拜登將在下週與西部各州州長及聯邦災變管理局 (FEMA) 官員舉行會議，討論這些極端天氣狀況的準備和應對工作。

由於西雅圖本週末 (26 日至 28 日) 預計氣溫將達到 90 度左右，西雅圖市政府發布了炎熱天氣下的如何確保安全，及在此期間有限制地重開一些公共設施場所可以給居民乘涼。根據西雅圖及金縣公共衛生部發布的指南及建議：居民應飲用足夠的水，保持含水量；隨時攜帶飲料，請不要等到口渴才喝水，應經常飲用補充水分；避免飲用含有咖啡因、酒精以及大量糖分的飲料，因為這些飲料會導致脫水；定期檢查年老或者行動不便的朋友、家庭成員以及鄰居，確保他們保持涼快以及有水飲用。

如果可以，減少、打消或重新安排沒有空調的劇烈戶外活動；如需進行戶外鍛煉，請盡量選擇在早上或傍晚時活動。另外，切勿將嬰兒或兒童留在無人看管的車內，即使車窗不是在鎖閉狀態；因為車內的溫度上升很快，即使車外溫度是 60 度，車內也很容易升溫到 110 度。

保護您的寵物

在熱浪下寵物特別脆弱，Seattle Animal Shelter 有以下建議：請不要讓你的寵物在無人看管的情況下直接待在陽光底下。提供陰涼的地方給您的寵物休息，例如狗屋、走廊、成蔭的樹下，並提供的水。如果你把寵物留在室內，請打開窗戶、開風扇、提供足夠的水，如果可以的話，盡量把他們留在涼快的地方。不要在無人看管的情況下把寵物留在車內。動物不像人類一樣會出汗，它們透過喘息來保持涼爽。動物踩的座位變熱後會阻止動物從腳掌出汗。車廂溫度快速上升時，會讓它們受困以及不能避暑。如果你要帶寵物外出，請攜帶水。如果在途中因為某事你需要把您的寵物留在車廂，再三思考你是否可以改日再做這件事。這不值得冒險。請避免在酷熱的天氣下讓你的寵物過度做運動。適度的運動是好的，但是在極端的酷熱、肥胖、年老、懷孕以及有潛在疾病的情況下，動物易於虛脫中暑。對於鳥類寵物，在酷熱的中午期間，請小心把鳥籠置離太陽底下。請提供水，以及含有高水分的水果和蔬菜。

圖書館

由於州衛生要求，圖書館限流 50%，而且無論疫苗接種情況如何，居民仍然需要戴口罩，並且保持社交距離。多家圖書館已/將重新開放，為居民提供有空調的公共空間，在造訪前，請登上 SPL.org 在線查看圖書館開放時間，或撥打 SPL 諮詢熱線 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

游泳池和其他水域區

淺水池將按照以下時間表向公眾開放。噴水公園將於 6 月 26 日星期六向公眾開放。淺水池 (從 6 月 26 日星期六中午到晚上 7 點開始。除非另有張貼)

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

噴水公園 (從 6 月 26 日星期六開始。每天上午 11 點至晚上 8 點)

- 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

有救生員的海灘 (從 6 月 26 日星期六開放。平日時間為中午至晚上 7 點。週六和周日由上午 11 點至晚上 7 點)

- 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](#).

西雅圖及金縣公共衛生 (西雅圖及金郡公共健康) 的溫馨提示 - [Public Health - Seattle & King County](#)

西雅圖消防局 (西雅圖消防局) 的溫馨提示 - [Seattle Fire Department](#)