



CELEBRATING PRIDE MONTH

# CEM DAILY BRIEFING

## CONTACT

PHONE:

**240-800-7160**

WATCH CENTER SITE:

[www.cascadia-em.com/watch-center](http://www.cascadia-em.com/watch-center)

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DUTY OFFICER:

Hours: Mon-Fri 0800-1800 PST

REQUEST INCIDENT REPORTING:

Call: 240-800-7160 for support.

This report is intended for subscribers who requested ongoing situational awareness of various topics impacting regional and national interests.

To subscribe send email to:

[info@cascadia-em.com](mailto:info@cascadia-em.com)

## PREPARE WILDFIRE SMOKE | 70'S DRYER

AIR QUALITY	FIRE WEATHER	RIVER FLOODING	WIND GUSTS	EXCESSIVE HEAT
GOOD	NONE	NONE	15-17   23	60-70's

**SUMMARY:** Cooler temperatures highs in the low 70's. Drier conditions till next week. Reduced fire weather risk for next 48 hours. Wind gusts possible locally at 23 mph.

Thu	Fri	Sat	Sun	Mon	Tue	Wed	Thu
68° 52°	73° 53°	72° 54°	67° 52°	69° 51°	72° 52°	68° 53°	68° 53°

**WEATHER:** Partly sunny, high near 72. Winds 6 to 13 mph. Overnight cloudy, low 52. South southwest wind 9 to 14 mph. Saturday partly sunny, high near 69. West southwest wind 10 to 13 mph. Saturday night mostly cloudy, low around 53. Sunday a 20 percent chance of showers after 11am. Mostly cloudy, with a high near 64.

### Respirators Can Help Protect Your Lungs



N95 or P100 respirators can help protect your lungs from smoke or ash. Straps must go above and below the ears.

### WILDLAND FIRE SMOKE | PREPAREDNESS:

Prepare now by properly choosing the correct respirator that is fitted correctly. The **most effective way to protect yourself during wildfire emergencies is to stay indoors or limit your time outdoors when there is smoke in the air.** This is especially important if

you have heart or lung disease and are at higher risk for adverse health effects. Reducing physical activity and using HEPA-filtered air cleaners indoors are other ways to reduce your smoke exposure. Consider temporary relocation out of the smoky area if possible.

<https://bit.ly/2WTUb8l> and <https://bit.ly/2smB5Jb>

### EVENTS:

June 29<sup>th</sup>, 2019 – **Pride Fest 2019**- Capitol Hill – Broadway  
 June 30<sup>th</sup>, 2019 - **Seattle Pride Parade** – Downtown Seattle  
 July 26-27, 2019-**C.E.R.T. Expo 2019** -Renton Tech College

