

The hype about hydration



Willamette River Beaches in Portland - Come on in!

The Big Pipe project has helped to restore the Willamette River and make it safe and suitable for swimming. According to Oregon DEQ, swimming in the Willamette downtown is perfectly safe, when Combined Sewer Overflow (CSO) conditions are not present. CSOs have been drastically reduced now that the Big Pipe has been completed. Come on in, the water is great!

Water safety tips: If you do swim or boat in the river here are some tips for minimizing your risk to exposure of CSO contaminants:

- Avoid swimming or coming in contact with river water after a heavy rainstorm
- Wash your hands and shower after swimming
- Try not to swallow river water
- Don't swim in cloudy water

Stay cool at these Willamette River access points:

- **Poet's Beach**, beneath the Marquam Bridge on the west bank
- **Tom McCall Bowl Beach**, at the grass bowl just south of the Hawthorne Bridge on the west side
- **Audrey McCall Beach**, east side of the Willamette just south of Hawthorne Bridge
- **Dock near Audrey McCall Beach**, where kayakers and paddlers launch on the east side
- **Duckworth Dock**, dock on Eastbank Esplanade just south of the Steel Bridge

See the latest results from Bureau of Environmental Services' Willamette water quality testing:

<https://www.portlandoregon.gov/bes/waterquality/results.cfm>

TOP TIPS TO BEAT THE HEAT

H₂O to go

Take a bottle of cold water with you when you're out and about.



Avoid

Alcohol, tea, coffee and hot, spicy and salty foods can make dehydration worse, so think about avoiding them during hot weather.



Be cool

Make use of fans or air-conditioners set to cool.



Rest

Make sure you get enough sleep and rest if you feel tired.

Dress down

Wear lightweight, light coloured, loose-fitting clothes made from natural fibres, like cotton or linen.



Soak

Take a cool shower or bath to help you cool down when you feel hot.



Shade

Wear a hat or take an umbrella with you for shade if you're outside on a hot day.



Enjoy

Try eating more cold foods, like salads and fruits. They contain water and are more refreshing in hot weather than hot foods.

WATCH OUT



- > Be on the lookout for any symptoms of heat related illness.
- > See your GP if you are unwell.
- > In a medical emergency, call 911

