

The HEAT is on



Summer in Arizona is more than hot, it can be dangerous. Learn how to stay safe in extreme heat!

WHAT

- Each summer, heat illness sends hundreds of people to local emergency rooms
- Heat illness or overheating can happen while working, playing, resting, or doing routine activities



WHO

- Heat illness can affect anyone, at any age
- At highest risk are:
 - Homeless
 - Elderly
 - Outdoor workers
 - People taking psychiatric medications for mental health



PREVENTION

- Limit outdoor activities to the early morning hours
- Find a cool place to spend the hottest times of the day
- Drink plenty of water on hot days and eat regular, light meals
- Avoid drugs and alcohol - they make heat illness worse

