It's SUMMER in the desert

Summer in Arizona is more than hot, it can be dangerous

Learn how to stay safe and cool while enjoying our wonderful amenities and beautiful desert surroundings!

Know the risks

- Summer temperatures exceed 100°F (38°C) nearly 50 days a year
- The risk for getting sick is highest when temperatures are over 90°F (32°C)
- Heat-related illness, or "overheating," is common in hot weather and can be fatal
- Visitors who are not used to climates like the Sonoran Desert and those with medical conditions are at even higher risk

Watch for signs of heat illness

- Muscle cramps
- Throbbing headaches
- Weakness or tiredness
- Nausea
- Confusion
- Dizziness

4048-052417-RTP HT

If you start to feel ill, immediately get indoors and drink water slowly. Take a cool shower or bath. If you don't get better or symptoms get worse dial 9-1-1 for emergency services.

PIMA COUNTY

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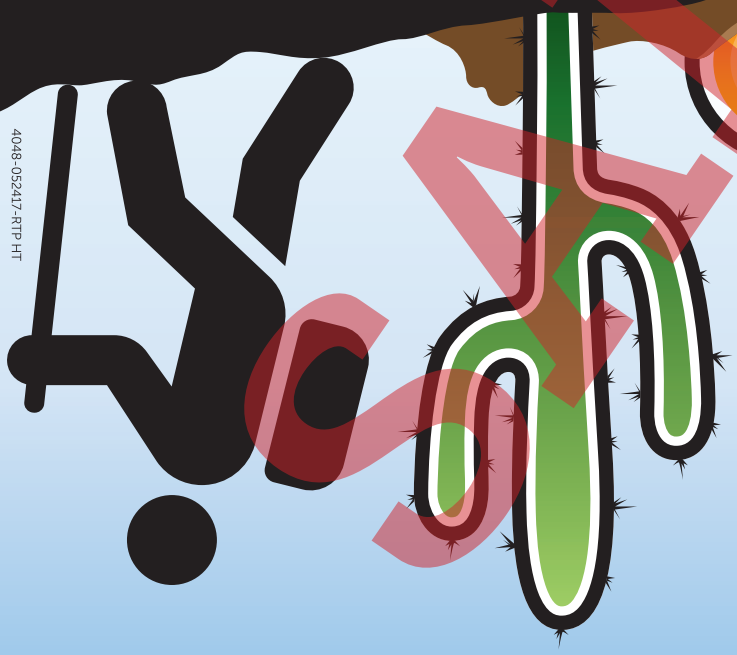

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Drink lots of water and stay in

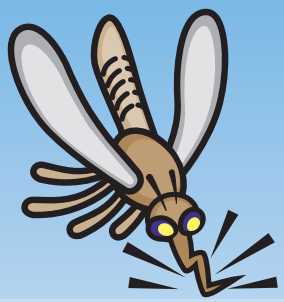
- Drink water before you feel thirsty
- Drink 1-2 liters per hour when outdoors
- Spend the hottest times of the day inside
- Carry water wherever you go

Play early, relax often

- Plan your outdoor activities for the early morning (5-7AM)
- Return by 10AM and avoid strenuous activities if possible
- Eat healthy foods, even in small portions
- Take breaks in the shade often

Protect your skin

- Wear long sleeve clothing, pants, and a wide-brimmed hat
- Use sunscreen (30 SPF or higher) on exposed skin
- Stay in the shade if relaxing outdoors



Fight the Bite! Day & Night

- Mosquitos can carry diseases, avoid getting bit
- Use DEET repellent AFTER sunscreen
- Avoid or remove standing water

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For more information and tips, visit pima.gov/heat

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