It's **SUMMER** in the desert

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

Learn how to stay safe and cool when playing or working outdoors

Know the risks

- Summer temperatures exceed 100°F (38°C) nearly 50 days a vear
- 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

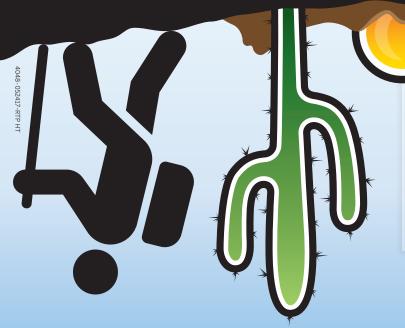






PIMA COUNTY

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.



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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



Protect your skin

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



Fight the Bite! Day & Night

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



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

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