

- Lack of sweating, despite hot temperatures
  - Dizziness
  - Muscle cramps
  - Throbbing headache
  - Nausea
  - Disorientation
  - Confusion
- The higher the temperature, the higher the risk – know the early signs of heat illness:

## Be prepared for the ARIZONA HEAT!



PIMA COUNTY

Dial 9-1-1 in an emergency

Learn more at [pima.gov/heat](http://pima.gov/heat)

Your Logo Here

## Outdoor Recreation Safety Tips:

- **Start early** and plan to return before 10AM
- **Know the signs** on the front of this card
- **Cover up** with loose long sleeves, pants and wide brimmed hat
- **Drink water often**, 1-2 liters for every hour outside
- **Seek shade** and rest to cool your body
- **Take a friend** and tell someone where you'll be
- **Return or call** help if you feel ill or low on water



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