

- 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!



Dial 9-1-1 in an emergency
Learn more at pima.gov/heat

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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