

## Heat Safety: Preventing & Recognizing Heat-Related Illness

Nearly 3,000 people visit Arizona emergency rooms because of heat-related illnesses annually. Local or long-time Arizona residents are just as much at risk.

### Safety Tips

Staying healthy during the summer is easier if you take the time to protect yourself by making sure you are drinking enough water and limiting your exposure to the heat.

Follow these simple rules:

- Drink water and avoid alcohol, caffeine, and sugary drinks. Those who spend most of their time indoors should drink at least 2 liters of water per day.
- Dress light for the heat.
- Eat smaller, lighter meals and eat more often.
- Monitor those at higher risk, especially young children, those living alone, and adults over the age of 65.
- Avoid strenuous activity.
- Stay indoors during the hottest parts of the day if possible. Limit outdoor activities to early and evening hours.
- Take regular breaks to hydrate and cool off during outdoor physical activity on warmer days.
- Use the buddy system to check in on friends and family during times of extreme heat to remain safe.
- Acclimate gradually. If your body is not used to heat, increase outdoor exposure gradually.
- Do not leave children or pets in the car.

### Signs & Symptoms of Heat-Related Illness

When temperatures are on the rise, watch for the following symptoms:

- Thirst. By the time your body tells you that you are thirsty, you are already mildly dehydrated.
- Heat Cramps. This usually happens in the abdominal muscles or the legs.
- Heat Exhaustion. Signals include cool, moist, pale, flushed or red skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion.
- Heat Stroke. Warning signs include vomiting, confusion, throbbing headache, rapid and weak pulse, rapid, shallow breathing, high body temperature or seizures.

Note: Heat stroke is life threatening. Call 9-1-1 or your local emergency number if you are suffering from any of the noted symptoms.

Taking certain medications can increase your risk for heat-related illness. Be sure to discuss potential risks with your pharmacist or healthcare provider.

Stay cool! Go to <https://experience.arcgis.com/experience/c5bdf9ab90894e1baa5860c450dedb3b> to find an Arizona cooling center or hydration station nearest to you.

This resource was developed by the Arizona Poison and Drug Information Center, the Arizona Department of Health Services (ADHS), and the Southwest Center for Resilience on Climate Change and Health.