



ARIZONA DEPARTMENT OF HEALTH SERVICES

PREPAREDNESS



Excessive Heat Warning Tips to Stay Safe

Extremely high or unusually hot temperatures can affect your health. In 2021, 522 people died and 2,873 people visited the emergency room due to heat-related illness in Arizona. **Most vulnerable are adults age 65 and older, those who work or exercise outdoors, infants and children, the homeless or poor, and people with a chronic medical condition or people on certain medications.**

Take the necessary precautions to prevent serious health effects such as heat exhaustion or heat stroke.

Stay cool

- Stay in air-conditioned buildings
- Contact the Arizona Department of Health Services at 602-364-3118 or visit an air-conditioned cooling center in your area. Locations of cooling centers can be found on the [ADHS Heat-Related Illness page](#).
- Do not rely on a fan as your primary cooling device
- Limit outdoor activity, especially midday when it is the hottest part of the day and avoid direct sunlight
- Wear loose, lightweight, light-colored clothing
- Take cool showers or baths to lower your body temperature
- Check on at-risk friends, family and neighbors at least twice a day

Stay hydrated

- Drink more than usual and don't wait until you're thirsty to drink
- Drink from two to four cups of water every hour while working or exercising outside
- Avoid alcohol or liquids containing high amounts of sugar
- Make sure your family, friends and neighbors are drinking enough water

Stay informed

- Check your local news for extreme heat warnings and safety tips
- Check the [UV Index](#) for sun safety information.
- Visit the [ADHS Heat page](#) to find local information and tips for preventing heat sickness.
- [Sign up for free weather alerts](#) to your phone or e-mail
- Keep your friends, family and neighbors aware of weather and heat safety information.

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Additionally, the Arizona Department of Health Services encourages all residents to learn the signs and first aid response for heat-related illness. Warning signs and symptoms vary but may include:

Heat Exhaustion

Symptoms

- Heavy sweating
- Weakness
- Skin cold, pale, and clammy
- Weak pulse
- Fainting and vomiting

What You Should Do

- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomited and it continues, seek medical attention immediately

Heat Stroke

Symptoms

- High body temperature (above 103 degrees)
- Hot, red, dry or moist skin
- Rapid and strong pulse
- Possible unconsciousness

What You Should Do

- Call 911 immediately — this is a medical emergency
- Move the person to a cooler environment
- Reduce the person's body temperature with cool cloths or even a bath
- Do NOT give fluids

Excessive Heat Warning: Issued within 12 hours of the onset of the following criteria: heat index of at least 105 degrees for more than 3 hours per day for 2 consecutive days, or heat index more than 115 degrees for any period of time.

Excessive Heat Watch: Issued by NWS when the heat index rises above 105 degrees during the day and the night time low temperature above 80 degrees or higher for two consecutive days.

Cooling centers and donation sites are available in [Maricopa](#), [Pima](#), and [Pinal](#) Counties. Each center will provide an air-conditioned space and water free to the public. Additional cooling centers for other parts of the state can be found in the [ADHS Surviving Arizona Heat brochure](#).

For more information on extreme heat, call the Office of Environmental Health @ 602-364-3118 or visit the [ADHS Heat Safety Website](#)

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