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Extreme Heat Warning

The National Weather Service (NWS) has issued an extreme heat warning.

Extremely hot temperatures can be stressful to animals and humans, making it hard for the body to adjust to the heat and remain hydrated.

Some medications (such as Lithium, antipsychotics, non-steroidal anti-inflammatory drugs and many others) may be associated with heightened adverse events with heat exposure and dehydration.

Untreated heat illness can lead to fatal heatstroke.

Reach out to your members, clients or patients. Remind them to take steps to stay cool, stay hydrated and keep informed by visiting trusted websites:

- Arizona Department of Health Services Extreme Weather & Public Health
- UV Index Forecast Center
- National Weather Service HeatRisk

You can also share these tips with them.

Precautionary/preparedness actions

- Never leave kids or pets unattended in cars.
- Drink more water than usual and avoid alcohol, sugar and caffeine.
- When outdoors, wear light colored clothing and a wide-brimmed hat to keep your head and body cooler.
- Take frequent rest breaks in shaded or air conditioned environments.
- Public places with air conditioning include libraries, community centers, government buildings and malls.

Signs and symptoms of heat illness



Early symptoms include:

- Headache
- Thirst
- Muscle cramps



Serious symptoms include:

- Skin that is cool to the touch
- Fast but weak pulse
- Nausea
- Fainting



Severe symptoms include:

- Hot and red dry skin
- Fast and strong pulse
- Sweating that has stopped