

# Stay Safe in the Arizona Heat



Drink plenty  
of water.

*Never* leave children or  
pets in the car.



Keep your head covered and  
reapply sunblock every 2 hours.

Take breaks in the shade or  
in air conditioning.



Plan outdoor activities in the early  
morning or late evening to avoid the heat.

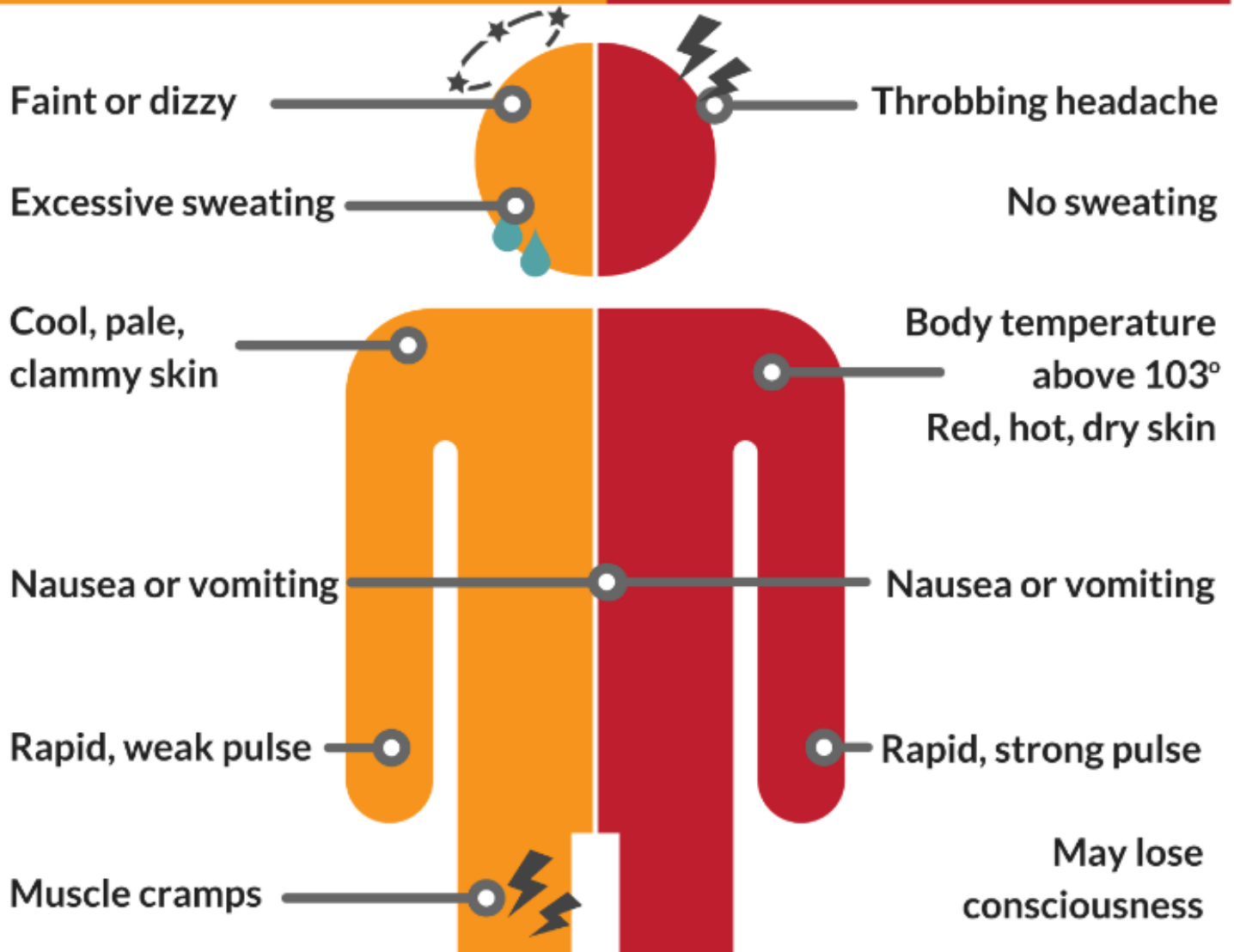


Visit [heataz.org](https://heataz.org) or call 211 for information on cooling centers,  
utility assistance, and more tips on staying cool.

# Know the Signs of Heat Illness

## Heat Exhaustion

## Heat Stroke



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

## Call 9-1-1

Take immediate action to cool the person until help arrives