

# JUNE 20TH, 2016

## HU HU KAM MEMORIAL HOSPITAL

### FRONT ENTRANCE TO CLOSE JUNE 20, 2016 - SUMMER 2017

- ➔ If you are accessing Hu Hu Kam Memorial Hospital from Seed Farm Road and parking in patient parking on the north side, you must enter at the Temporary Entrance located at the east side of the hospital.
- ➔ Walk-in patients must check in at the Temporary Registration desk located at the Temporary Entrance on the east side of the hospital.
- ➔ Primary Care patients with appointments or who are visiting Medical Imaging and Lab should check in at the Main Registration Desk.
- ➔ Patients visiting the Pharmacy may use any entrance and do not need to stop at either registration desk.
- ➔ Look for more information and detailed maps at [grhc.org](http://grhc.org) and in the hospital.



**NOTICE**  
June 18, 2016  
**NO SATURDAY  
CLINIC**

**Questions? Need assistance? Please call (520) 562-3321 ext. 1424.**

## EXCESSIVE HEAT WARNING ISSUED! JUNE 3 - 5, 2016

- An excessive heat warning has been issued throughout Arizona.
- Extremely hot temperatures can affect your health.
- Most vulnerable are the elderly, those who work or exercise outdoors, infants and children, the homeless or poor, and people with chronic medical conditions.

**! Early symptoms include:** headache, thirst, and muscle cramps.

**! Serious symptoms include:** weakness, skin that is cool to the touch, fast but weak pulse, nausea, and fainting.

**! Severe symptoms include:** hot and red, dry skin, fast and strong pulse, sweating that has stopped, and unconsciousness.

### STAY COOL AND IN AIR-CONDITIONED BUILDINGS.

- Limit outdoor activity, especially midday during the hottest part of the day, and avoid direct sunlight.
- Check on at-risk friends, family, and neighbors at least twice a day.
- Take cool showers or baths to lower your body temperature.
- Do not rely on a fan as your primary cooling device.
- Wear loose, lightweight, light-colored clothing.

## TIPS

### Stay hydrated.

- Drink more water than usual and don't wait until you're thirsty to drink.
- Drink two to four cups of water hourly while working or exercising outside.
- Avoid alcoholic drinks 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.
- Keep your friends, family, and neighbors aware of weather and heat safety information.

Visit [GRHC.ORG/drinkH2O](http://GRHC.ORG/drinkH2O) to find local information and tips for preventing heat sickness.

# Beginning JUNE 20, 2016



### LEGEND

-  Patient Walk-in Temporary Registration Desk/Area
-  Entrances
-  Patient Path to Primary Care
- 
  - Patients with Appointments - Main Registration Desk
  - Lab and Medical Imaging - Check-in

**Patient Walk-in Temporary Registration Desk/Area (ENLARGED)**

