



Gila River
HEALTH CARE

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.



TIPS

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.

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.

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.

Visit GRHC.ORG/drinkH2O

to find local information
and tips for preventing
heat sickness.

