

## The Heat Can Make You Sick!

### Heat Cramps

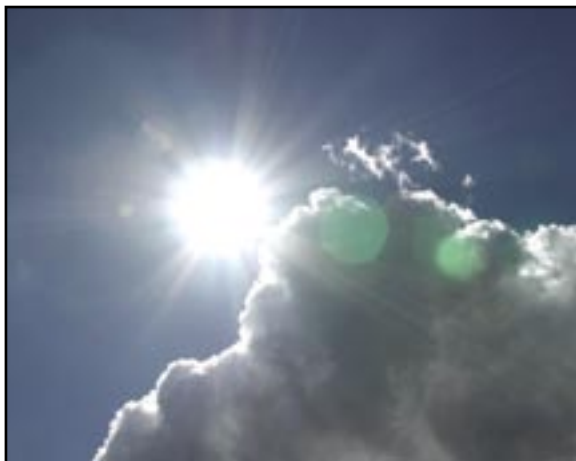
Muscle spasms or cramps are an early warning sign of heat illness. Immediately get to a cooler place and rest. Lightly stretch the affected muscle. Drink 1/2 a glass of water every 15 minutes.

### Heat Exhaustion

Sweating heavily, headache, upset stomach or vomiting, and dizziness are all signs of heat exhaustion. Cool, moist, pale, or flushed skin (turns red) are also signs of heat exhaustion. Heat exhaustion can become heat stroke. Immediately get to a cooler place and rest. If symptoms worsen, get help immediately. Drink 1/2 a glass of water every 15 minutes.

### Heat Stroke

Hot, red skin, dizziness and confusion: rapid weak pulse, and rapid shallow breathing are signs of heat stroke. If a person was sweating from activity, skin may be wet; otherwise, it will be dry. Call 9-1-1 or your local emergency number. Immerse in a cool bath or wrap with wet sheets and turn on air conditioning and a fan. Watch for breathing problems. If you are helping someone and they refuse to drink water or are throwing up, don't give them anything to eat or drink.



## Help for the Homeless – Get Out of the Heat!

**Phoenix Water and Cooling Station**  
PATH Outreach Program  
Day Resource Center  
10th Avenue and Jackson

**Phoenix Rescue Mission**  
35th Ave., North of Durango  
(602) 346-3326  
or (602) 316-1181

**Other Locations of Water and Cooling Stations**  
Community Information and Referral  
(602) 263-8856 or  
(800) 352-3792

**Tucson Rescue Mission**  
326 W. 28th Street  
(520) 740-1501

**(Tucson) Other Locations For Shelter Beds, Water and Cooling Stations**  
Community Information and Referral  
(520) 881-1794 or  
(800) 352-3792

**Flagstaff Rescue Mission**  
124 S. San Francisco  
(928) 774-3512

**(Flagstaff) Hope Cottage for Women,**  
(928) 774-9270

**Pima, Cochise, Greenlee and Santa Cruz Counties**  
Locations for Assistance  
(800) 362-3474

**Holbrook Rescue Mission**  
885 Hermosa Drive  
(928) 5243-874

**Kingman Rescue Mission**  
3049 Sycamore  
(928) 757-1535

**Nogales Rescue Mission**  
456 N. Morley  
(520) 287-5824

**Yuma Rescue Mission**  
944 S. Arizona Avenue  
(928) 329-1021

**Remaining Areas of Arizona**  
Community Information and Referral  
(800) 352-3792

For more information please contact  
Arizona Department of Health Services  
Bilingual Hotline (602) 364-4500 or (800) 314-9243  
or [www.azdhs.gov/phs/oeh](http://www.azdhs.gov/phs/oeh)



Division of Behavioral Health and  
Office of Environmental Health

# Surviving Arizona Summer Heat



## Arizona's Heat is Deadly

- 30-50 Arizonans die each year due to summer heat
- A large proportion of deaths are among the elderly, age 65 and over
- Last year, 56 Arizona residents died due to heat related illnesses

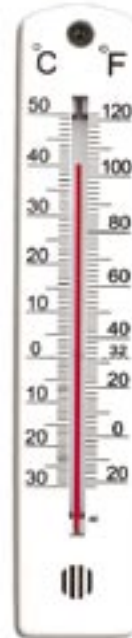
## Who is at Risk?

- People age 65 and over
- People with heart disease or high blood pressure
- People taking certain medication for depressions, insomnia, or poor circulation
- People who are overweight
- People who overexert themselves during work or exercise
- People who drink alcohol
- Infants and small children
- People who use illicit drugs (such as cocaine, amphetamines, and methamphetamines)



## Protect Yourself From Extreme Heat!

- Avoid strenuous activity on hot days
- Limit activities to the coolest part of the day (4:00 a.m.-7:00 a.m.)
- Rest often in shade
- If active between 11:00 a.m. and 4:00 p.m., drink at least one quart of water every hour
- Stay in air conditioned areas, if possible
- If air conditioning is not available, stay on the lowest floor, away from sunshine, and go to a publicly air conditioned area in the hottest part of the day
- Have a buddy system where relatives, neighbors, or friends check on each other
- Wear lightweight, light-colored clothing
- Drink plenty of water often to help your body stay cool
- Drink plenty of water, even if you don't feel thirsty
- Avoid drinks with alcohol or caffeine, which worsen the effects heat has on your body



- Never leave an infant, child or pet unattended in parked vehicles
- Eat small meals often
- Avoid foods that are high in protein or salt
- Avoid using illicit drugs (such as cocaine, amphetamines, and methamphetamines)

**If your heart begins to pound, or if you become light-headed, confused, weak or faint, STOP ALL ACTIVITY!! GET ASSISTANCE IMMEDIATELY!!**

### Certain Medications Potentially Causing Adverse Health Effects During Excessive Heat Events

Medicine Family	Examples of Drug Classes and Drugs
Anticholinergics	Antihistamines: Benadryl (diphenhydramine) and Vistaril (hydroxyzine) Parkinsonism meds Atropine/scopolamine Belladonna alkaloids Neuroleptics Antispasmodics
Stimulants	Ephedrine /pseudoephedrine Dietary agents: ma huang
Neuroleptics (antipsychotic)	Phenothiazines: Mellaril (thioridazine), Thorazine (chlorpromazine), promethazine, and prochlorperazine Thioxanthenes: chlorprothixene and Novane (thiothixene) Butyrophenones: haloperidol
Other	Lithium