

Pima County Sheriff's Department  
**MEDIA RELEASE**

Chris Nanos, Sheriff

## **Near Record Heat This Weekend Requires Extreme Precautions**

**June 16, 2016**

**A joint message from the Pima County Sheriff's Department,  
Pima County Health Department, and National Weather Service**

This excessive heat warning is for Saturday through Wednesday, June 18-22, 2016. On those days, temperatures will reach 110-116 degrees in southern Arizona, the highest in over 20 years. Heat safety will be crucial for you, your family, and your pets.

The Pima County Sheriff's Department, Pima County Health Department, and National Weather Service recommend that hiking and other outdoor activities be limited to the early morning hours and be completed no later than 10 a.m. each day. To prevent heat illness, we strongly encourage individuals, groups, and organizations to reschedule or revise their outdoor recreation plans accordingly.

On the weekend of June 2-4, 2016, area temperatures reached 108-114 degrees. During that time, the Pima County Sheriff's Department rescued three hikers with heat illness and one remains in critical condition. Multiple other Pima County residents visited a hospital for heat illness after outdoor activities such as golf. This weekend will be even hotter, so please do all that you can to avoid heat exposure.

We encourage you to enjoy Father's Day with indoor activities. Don't let heat illness ruin this special day. Stay cool. Stay safe.

For further information contact the Public Information Office at (520) 237-3740  
or [pcsdpio@sheriff.pima.gov](mailto:pcsdpio@sheriff.pima.gov).

### **Pima County Sheriff's Department**

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Here are some tips to prevent heat-related illness:

- Limit outdoor activities, including chores, to the cooler early morning hours. Finish up by 10 a.m.
- Spend afternoons and evenings indoors, with sufficient cooling.
- Drink plenty of water.
- Never leave a child, pet, or anyone else in a parked car.

**For further information contact:**

Pima County Sheriff's Department - Public Information Office at (520) 237-3740 or [pcsdpio@sheriff.pima.gov](mailto:pcsdpio@sheriff.pima.gov).

Pima County Health Department – Dr. Michele Manos (510) 928-2348 or [michele.manos@pima.gov](mailto:michele.manos@pima.gov);  
Communications Office (520) 724-7912 or [HDCommunicate@pima.gov](mailto:HDCommunicate@pima.gov)

National Weather Service, Tucson – Mike Cantin (520) 670-5156 or [michael.cantin@noaa.gov](mailto:michael.cantin@noaa.gov)



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