Summer in Arizona is more than hot, it can be dangerous. Learn how to stay safe in extreme heat!

**WHAT**
- Each summer, heat illness sends hundreds of people to local emergency rooms
- Heat illness or overheating can happen while working, playing, resting, or doing routine activities

**WHO**
- Heat illness can affect anyone, at any age
- At highest risk are:
  - Homeless
  - Elderly
  - Outdoor workers
  - People taking psychiatric medications for mental health

**PREVENTION**
- Limit outdoor activities to the early morning hours
- Drink plenty of water on hot days and eat regular, light meals
- Find a cool place to spend the hottest times of the day
- Avoid drugs and alcohol - they make heat illness worse

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