It’s SUMMER in the desert.

Learn how to stay safe and cool while enjoying our wonderful amenities and beautiful desert surroundings!

Know the risks:
- Summer temperatures exceed 100°F (38°C) nearly 50 days a year.
- The risk for getting sick is highest when temperatures are over 90°F (32°C).
- Heat-related illness or “overheating” is common in hot weather and can be fatal.
- Visitors who are not used to climates like the Sonoran Desert and those with medical conditions are at even higher risk.

Watch for signs of heat illness:
- Muscle cramps
- Throbbing headaches
- Weakness or tiredness
- Nausea
- Confusion
- Dizziness

If you start to feel ill, immediately get indoors and drink water slowly. Take a cool shower or bath. If you don’t get better or symptoms get worse dial 9-1-1 for emergency services.

If you don’t start to feel ill immediately:
- Get better by staying indoors and drinking water slowly.

SUMMER in Arizona is more than hot; it can be dangerous.

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**Drink lots of water and stay in**
- Drink water before you feel thirsty
- Drink 1-2 liters per hour when outdoors
- Spend the hottest times of the day inside
- Carry water wherever you go

**Play early, relax often**
- Plan your outdoor activities for the early morning (5-7AM)
- Return by 10AM and avoid strenuous activities if possible
- Eat healthy foods, even in small portions
- Take breaks in the shade often

**Protect your skin**
- Wear long sleeve clothing, pants, and a wide-brimmed hat
- Use sunscreen (SPF 30 or higher) on exposed skin
- Stay in the shade if relaxing outdoors

**Fight the Bite! Day & Night**
- Mosquitoes can carry diseases, avoid getting bit
- Use DEET repellent AFTER sunscreen
- Avoid or remove standing water

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**FOR MORE INFORMATION AND TIPS, VISIT pima.gov/heat**

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**PIMA COUNTY**

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