

# It's **SUMMER** in the desert

Summer in Arizona is more than hot, it can be dangerous

Learn how to stay safe and cool when playing or working outdoors

## 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



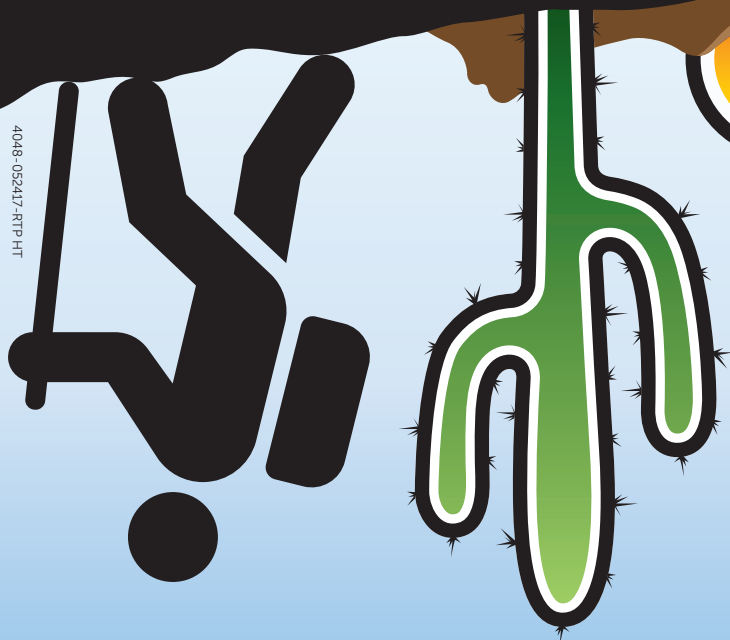
4048-052417-RTP-HT

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 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.

4048-052417-RTP-HT



## Watch for signs of heat illness

- Muscle cramps
- Throbbing headaches
- Weakness or tiredness
- Nausea
- Confusion
- Dizziness

## 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

Learn how to stay safe and cool when playing or working outdoors

It's **SUMMER** in the desert  
Summer in Arizona is more than hot, it can be dangerous



### 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 (30 SPF or higher) on exposed skin
- Stay in the shade if relaxing outdoors



### Fight the Bite! Day & Night

- Mosquitos can carry diseases, avoid getting bit
- Use DEET repellent AFTER sunscreen
- Avoid or remove standing water



For more information and tips, visit [pima.gov/heat](http://pima.gov/heat)

For more information and tips, visit [pima.gov/heat](http://pima.gov/heat)



- Mosquitos can carry diseases, avoid getting bit
- Use DEET repellent AFTER sunscreen
- Avoid or remove standing water

### Fight the Bite! Day & Night

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

### Protect your skin

- 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

### Play early, relax often

- 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

### Drink lots of water and stay in

