Be prepared for the Arizona heat!

Outdoor Recreation Safety Tips:
- Start early and plan to return before 10AM
- Know the signs on the front of this card
- Cover up with loose long sleeves, pants and wide-brimmed hat
- Drink water often, 1-2 liters for every hour outside
- Seek shade and rest to cool your body
- Take a friend and tell someone where you’ll be
- Return or call help if you feel ill or low on water

PIMA COUNTY
Dial 9-1-1 in an emergency
Learn more at pima.gov/heat

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