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

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

The Arizona Heat
Be prepared for

Outdoor Recreation Safety Tips:

Outdoor Recreation Safety Tips:

The higher the temperature, the higher the risk – know the early signs of heat illness:

- Throbbing headache
- Muscle cramps
- Dizziness
- Lack of sweating, despite hot temperatures
- Nausea
- Disorientation
- Confusion

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