

MAY 2026

# THE POISON PREVENTION SCRIPT

## Heat Safety: Medications & Heat Sensitivity

Summer is definitely here in Arizona as we start to see temperatures in the high 90s creeping up to the 100s. Arizona Heat Awareness Week was on May 4th-8<sup>th</sup>. The week focuses on highlighting the dangers of extreme heat and promoting ways of staying safe during extreme temperatures. There are many ways that heat can affect people in ways including experiencing heat exhaustion, heat stroke, or sunburn during prolonged exposure to the heat.

In this issue of the newsletter we are discussing how certain medications can increase one's sensitivity to the heat and increase risk for heat-related illness. Keep reading to learn more about medications and heat sensitivity and how to stay safe during the summertime.



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**ARIZONA**  
Poison and Drug  
Information Center



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## Heat Safety: Medications & Heat Sensitivity

Certain medications can increase the body's sensitivity to the heat by impairing the body's ability to sweat, causing dehydration, and increasing the skin's sensitivity to the sun leading to sun burn. Some examples include:

- **Diuretics and ACE inhibitors** decreasing thirst sensation which could lead to dehydration.
- **Antipsychotics, SSRIs, and Anticholinergic medications** can impair the body's ability to sweat and cool itself down.
- **Antifungal and Antibiotic medications** can increase sun sensitivity leading to sunburn-like rash. Patients on medications that increase skin sensitivity to the sun should take extra precaution by wearing protective clothing and using SPF30+ sunscreen.
- **Heat exposure can also damage medicine delivery devices such as EpiPens or degrade medications.** If you do not have access to proper storage needs, talk to your doctor about safe alternatives.

**Please note, this is not an all-inclusive list of medications that can lead to heat sensitivity. If you are taking any of the medications listed above, do not suddenly stop taking them. Talk to your doctor about your medications and risks of heat sensitivity while taking certain medications.**

### Questions to Ask Your Doctor:

- Do any of the medications I am taking increase my risk of sunburn, heat exhaustion, heat stroke, or dehydration?
- Do any of my medications affect my body's ability to sweat or cool down?
- Should I limit my time in the sun/heat while taking certain medications?
- Are there special storage needs for my medications or medication delivery devices? What should I do if there is a long period of power outage and my medication was exposed to heat?
- What should I do if I experience heat-related illness while taking a certain medication?

### Medicine Storage Tips:

- Keep medications out of direct sunlight. Avoid placing them on window sills or leaving them in your car.
- If you have your medications delivered, bring them inside as soon as possible to avoid having them sit in the heat/sun.
- Keep medications stored as instructed by your doctor or pharmacist. Package labels may also have specific instructions.

For more information:



Scan the QR code or visit [this website](#) to find cooling centers or other heat preparedness locations in Arizona.





## National Sunscreen Day

National Sunscreen Day is observed every year on May 27 to highlight the importance of wearing sunscreen year round to prevention skin cancer. When choosing sunscreen use one that is SPF 30 or higher, apply it 15 minutes before going outside and reapply every two hours.

To prevent an accidental exposure, keep sunscreen and other personal care products stored up and away from the reach of children. Use caution when applying sunscreen around the eyes as irritation may occur if sunscreen gets inside they eyes. If using spray products, keep them away from flames as many spray sunscreen products contain flammable ingredients.



## In the Community: Southern Arizona Opioid Misuse and Prevention Symposium

The Southern Arizona Opioid Misuse and Prevention Symposium will be taking place on Thursday, May 14<sup>th</sup>. The focus of the conference is to provide education and awareness about opioid and other substance misuse, and effective prevention, intervention, harm reduction and treatment.

Our center will have a table providing information about our services and the Opioid Assistance and Referral Line, and distributing materials.

Pictured on the right is our educator Heather Doss, MPH, MS at last year's symposium.



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## Staff Spotlight: Chris Edmonds, PharmD, CSPI



Chris is a Certified Specialist in Poison Information (CSPI). He completed his Doctor of Pharmacy (PharmD) in 2015. After graduation he spent several years working in medication therapy management, working with student pharmacists and residents as a preceptor and later working in retail pharmacy. He is now in his fourth year at the poison control center.

One of Chris' favorite parts of working at the center is being able to give advice to parents of young children. A father himself, Chris understands the importance of being able to give timely, accurate information to parents after an ingestion, exposure or bite/sting. It is so rewarding to be able to give families reassurance after the unexpected has occurred.