

HEAT SAFETY



Preventing & Recognizing Heat-Related Illness

Heat-related illness can affect anyone regardless of age, health status, fitness level, or how long they've lived in Arizona.

Heat Safety Tips:

- **Stay hydrated.** Drink water frequently, even if you do not feel thirsty. Avoid sugary, caffeinated and alcoholic drinks.
- **Replenish electrolytes.** Salty snacks and sports drinks can replace salts and minerals lost when sweating.
- If possible, avoid being outdoors or **limit outdoor time** during the hottest parts of the day.
- During outdoor activities **take frequent breaks** in the shade to cool off and drink water.
- **Avoid strenuous outdoor activities.**
- **Dress for the heat:** wear light-weight, light-colored clothing. Wear wide-brimmed hats. Use sunscreen to prevent burns.



Stay cool! Scan to find an Arizona cooling center or hydration station near you.

Heat Exhaustion

- Heavy sweating
- Faintness
- Dizziness
- Fatigue
- Weak, rapid pulse
- Muscle cramps
- Nausea
- Headache
- Cool, moist skin, goosebumps

If untreated, heat exhaustion can lead to heat stroke.

Heat Stroke

- High body temperature of over 104 degrees Fahrenheit
- Confusion, agitation, slurred speech, seizure
- Flushed skin
- Nausea and vomiting
- Rapid breathing
- Rapid heart rate
- Headache
- Skin that feels hot and dry

Heat stroke can be fatal, call 911 immediately!

MEDICATIONS & HEAT SENSITIVITY



Certain medications can increase sensitivity to the heat by impairing sweating, causing dehydration, or increasing skin sensitivity to the sun.

Medication Safety Tips:

- Tell your doctor about all medications you take including prescriptions, over-the-counter, vitamins, supplements, and herbal products.
- Keep medications stored as instructed by your provider or medication label.
- 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 in their original containers which are designed to block light.

For medicine safety questions, contact the Poison Control Center at 1-800-222-1222.

Services are available 24/7/365, completely free and confidential.

Questions to ask your provider:

- 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?
- What should I do if I experience heat-related illness while taking a certain medication?
- Are there any special storage needs for my medications or medication delivery devices? What should I do if I do not have the means to store them properly?