Heat Safety
Monsoon Safety Awareness Week

- Arizona’s #1 weather-related killer
- Heat stroke is an emergency—call 911
- Stay inside in a cool ventilated place whenever possible
- Restrict outdoor activities to early morning or evening
- If you must be outside, wear loose-fitting, light clothing
- Drink plenty of water and take frequent breaks
- Frequently check on the young, elderly, and those with health conditions
- Don’t leave small children in vehicles