

The Heat Can Make You Sick!

Heat Cramps

Muscle spasms or cramps are an early warning sign of heat illness. Immediately get to a cooler place and rest. Lightly stretch the affected muscle. Drink 1/2 a glass of water every 15 minutes.

Heat Exhaustion

Heavy sweating, headache, upset stomach or vomiting, and dizziness are all signs of heat exhaustion. Cool, moist, pale, or flushed/red skin are also signs of heat exhaustion. If left untreated, heat exhaustion can become heat stroke. Immediately get to a cooler place and rest. If symptoms worsen, get help immediately. Drink 1/2 a glass of water every 15 minutes.

Heat Stroke

Feeling hot, flushed/red skin, dizziness, confusion, rapid weak pulse, and rapid shallow breathing are signs of heat stroke. If a person is sweating from activity, skin may be wet; otherwise, it will be dry. Call 9-1-1. Immerse in a cold bath or wrap with wet sheets and turn on air conditioning and a fan. Watch for breathing problems. If you are helping someone and they refuse to drink water or are throwing up, don't give them anything to eat or drink.



Help for the Homeless

Phoenix: Day Resource Center

PATH Outreach Program
1125 W. Jackson St.
10th Ave. & Jackson St.
(602) 393-9930

Phoenix Rescue Mission

1801 S. 35th Ave.
35th Ave., North of Durango
(602) 233-3000 or
(602) 272-5643

Tucson: Gospel Rescue Mission

312 W. 28th St. (Men)
707 W. Miracle Mile St.
(Women & Children)
(520) 740-1501

Flagstaff: Sunshine Rescue Mission (Men)

124 S. San Francisco St.
(928) 774-3512

Flagstaff: Hope Cottage (Women)

(928) 774-9270

Holbrook: Bread of Life Mission

885 Hermosa Dr.
(928) 524-3874

Kingman: Cornerstone Mission Project (Men)

3049 Sycamore Ave.
(928) 757-1535

Nogales Crossroads Rescue Mission

338 N. Morley Ave.
(520) 287-5828

Yuma: Crossroads Mission

944 S. Arizona Ave.
(928) 783-9362

More Statewide Locations

Community information referral: shelter beds, water, and cooling stations
Statewide, dial (211) or
(800) 352-3792
www.cir.org

For more information, please contact the Arizona Department of Health Services Bilingual Hotline at (602) 364-4500 or (800) 314-3243 or
www.azdhs.gov/phs/oeh/heat



SURVIVING
arizona
HEAT

.....SURVIVING ARIZONA SUMMMER HEAT.....

Arizona's Heat is Deadly

- 30-50 Arizonans die each year due to summer heat
- A large proportion of deaths are among older adults (65 years and over)
- Everyone is at risk!

Who is More at Risk?

- People age 65 and over
- People with heart disease or high blood pressure
- People taking certain medicines for depression, insomnia, or blood pressure
- People who are overweight/obese
- People who overwork themselves during outdoor work or exercise
- People who drink alcohol and caffeine
- People who use illicit drugs (such as cocaine, amphetamines, and methamphetamines)
- Pregnant women
- Infants and small children
- Athletes

Protect Yourself and Others from Extreme Heat

- Never leave an infant, child or pet unattended in parked vehicles
- Avoid strenuous activity on hot days
- Limit activities to the coolest part of the day (4:00 am - 7:00 am)



- Rest often in shade
- If active between 11:00 am and 4:00 pm, drink at least 32 ounces of water every hour

- Stay in air conditioned areas when possible
- If air conditioning is not available, stay on the lowest floor away from sunshine and go to a publicly air conditioned area in the hottest part of the day



- Have a buddy system where relatives, neighbors or friends check on each other
- Wear lightweight, light-colored, and loose-fitting clothes
- Drink water often to help your body stay cool



- Drink water even if you don't feel thirsty
- Eat small meals often, instead of large meals

- Avoid foods that are high in protein or salt
- Avoid drinks with alcohol or caffeine which worsen the effect heat has on your body
- Avoid using illicit drugs (such as cocaine, amphetamines, and methamphetamines)

If your heart begins to pound or if you become lightheaded, confused, weak, or faint, STOP ALL ACTIVITY AND GET ASSISTANCE IMMEDIATELY!

CERTAIN MEDICATIONS POTENTIALLY CAUSING ADVERSE HEALTH EFFECTS DURING EXCESSIVE HEAT EVENTS

Medicine Family	Examples of Drug Classes and Drugs
Anticholinergics	Antihistamines: Benadryl (diphenhydramine) and Vistaril (hydroxyzine); Parkinsonism meds; Atropine/scopolamine; Belladonna alkaloids; Neuroleptics Antispasmodics
Stimulants	Ephedrine/pseudoephedrine; Dietary agents: Ma Huang
Neuroleptics (antipsychotic)	Phenothiazines: Mellaril (thioridazine); Thorazine (chlorpromazine); Promethazine and Prochlorperazine; Thioxanthenes: Chlorprothixene and Novane (thiothixene); Butyrophenones: Haloperidol
Other	Lithium