There’s a **HEAT WAVE** on the way!!!!

**Extreme Heat:** Temperatures that hover 10 degrees or more above the average high temperature for the region, lasts for a prolonged period of time. The body cannot tolerate extreme heat. A heat wave is a very dangerous situation.

**Heat Stroke:** A condition in which the body becomes overheated in a short span of time, can be life threatening and requires immediate medical attention.

**Heat Exhaustion:** A milder form of heat related illness that can develop after several days of exposure to high temperatures and inadequate or unbalanced replacements of fluids. Those most affected by heat exhaustion are children, elderly people and those who are working or exercising outside.

**Warning Signs!!!!**

**Heat Stroke**

- Extremely high body temperature
- Red, hot and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

**Heat Exhaustion**

- Heavy sweating
- Paleness
- Muscle cramps
- Tiredness
- Weakness
- Dizziness
- Headache
- Nausea or Vomiting
- Fainting

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D.E.E.P. Thoughts..........  
*Disaster, Emergency, Evacuation and Preparedness*

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Take BREAKS on warm days when engaged in physical activities!
Kids, Stay COOL!!

- Drink LOTS of WATER
- SLOW down
- Beat the Heat!
- DRESS for the heat
- EAT small meals, more often

Conor the Camel says, “You need to prepare for the HOT summer and this is how you do it!”

KIDS - BEAT the HEAT by making this HEAT Disaster Kit!! Just place these household items in a bag so you are ready to BEAT the HEAT!!

- Food bars
- Water
- Towels
- Heavy duty gloves
- Radio
- Batteries
- Sunscreen

Stay Informed!!!
Free weather alerts to your phone or email from websites such as www.weather.com/mobile
Learn more about extreme heat in your area by contacting your local American Red Cross Chapter

Arizona Department of Health Services
"Serving Arizona’s Children"