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# Don't Overheat: Know Your Medications



Certain medications can increase a person's sensitivity to heat. Heat can intensify the side effects of certain medications by putting stress on the body's natural cooling processes.



## Signs and symptoms of heat illness



Confusion



More tired than usual



Muscle cramps



Sweating more or less than usual



Feeling unsteady

Talk to your health care provider about how your medications may affect you and if you need to take extra precautions.



## Prevent heat-related illness



2025



Have questions or need support?  
¿Tiene preguntas o necesita ayuda?

Arizona Poison & Drug Information Center  
**1 (800)-222-1222**  
Centro De Envenenamiento

AZ Opioid Assistance & Referral (OAR): [azdhs.gov/oarline](http://azdhs.gov/oarline)  
**1 (888)-688-4222**  
Asistencia y Referencia para Opioides de AZ (OAR)

Mental Health Crisis Line  
**988**  
Línea de Crisis de Salud Mental



# Evite sobrecalentarse: Conozca sus medicinas



Ciertos medicamentos pueden aumentar la sensibilidad de una persona al calor. El calor puede intensificar los efectos secundarios de ciertos medicamentos al ejercer presión sobre los procesos naturales de enfriamiento del cuerpo.



## Conozca los síntomas



Confusión



Más cansado de lo normal



Calambres musculares



Sudar más o menos de lo normal



Sentirse mareado

Hable con su proveedor de atención médica sobre cómo sus medicamentos pueden afectarle y si necesita tomar precauciones adicionales.



## Prevenga las enfermedades relacionadas con el calor



# Consolidated List of Medications

## Lista consolidada de medicamentos

### Mental Health Conditions

Condiciones de salud mental

Antidepressants antidepresivos	Depression and Mood depresión y estado de ánimo	Antipsychotics antipsicóticos	Stimulants [ADHD] estimulantes [TDAH]
Citalopram (Celexa) Desvenlafaxine (Pristiq) Duloxetine (Cymbalta) Escitalopram (Lexapro) Fluoxetine (Prozac) Levomilnacipran (Fetzima) Paroxetine (Paxil, Pexeva) Sertraline (Zoloft) Venlafaxine (Effexor XR)	Amitriptyline (Elavil) Nortriptyline (Pamelor) Doxepin (Sinequan) Clomipramine (Anafranil) Bupropion (Wellbutrin) Lithium (Mood Stabilizer)	Haloperidol Olanzapine Quetiapine Risperidone Mellaril (Thioridazine) Thorazine (Chlorpromazine) Compazine (Prochlorperazine) Novane (Thiothixene) Stelazine (Trifluoperazine) Prolixin (Fluphenazine)	Amphetamine (Adderall) Armodafinil (Nuvigil) Atomoxetine (Strattera) Dextroamphetamine (Adderall, Dexedrine) Lisdexamfetamine (Vyvanse) Methamphetamine (Desoxyn) Methylphenidate (Ritalin, Concerta) Modafinil (Provigil)

### Heart Conditions

Condiciones del corazón

Beta Blockers betabloqueador	Lower Blood Pressure [ACE Inhibitors & ARBs] presión arterial baja [inhibidores de la ECA y BRA]	Water Pills [Diuretics] pastillas de agua [diuréticos]	Calcium Channel Blockers bloqueadores del canal de calcio
Atenolol Metoprolol Propranolol	Candesartan (Atacand) Captopril Enalapril Irbesartan (Avapro) Lisinopril Losartan (Cozaar) Olmesartan (Benicar) Ramipril Telmisartan (Micardis) Valsartan (Diovan)	Acetazolamide Furosemide (Lasix) Hydrochlorothiazide	Amlodipine Felodipine Nifedipine

### Chronic Conditions

Condiciones crónicas

Anti-seizure anticonvulsivo	Thyroid Replacement reemplazo de la tiroides	Parkinson's & Overactive Bladder	Antihistamines antihistamínicos
Carbamazepine Oxcarbazepine Topiramate	Levothyroxine  <b>Diabetes</b> Insulin	<b>Parkinson &amp; vejiga hiperactiva</b> Benzotropine (Cogentin) Oxybutynin (Ditropan XL) Solifenacin (Vesicare) Carbidopa Levodopa (Sinemet) Donnatal (Belladonna alkaloids) Scopace/Maldemar (Scopolamine)	Diphenhydramine (Benadryl) Doxylamine (Unisom) Promethazine (Phenadoz) Vistaril (Hydroxyzine)

### Other Medications

Otros medicamentos

Non-Steroidal Anti-Inflammatory Drugs [NSAIDs] Medicamentos antiinflamatorios no esteroideos [AINE]	Antibiotics & Antiretroviral antibióticos y antirretrovirales
Acetaminophen Aspirin Ibuprofen Naproxen	Doxycycline Indinavir Sulfonamides

### Other substances of high risk

Otras sustancias de alto riesgo

Alcohol, Caffeine, Cocaine, Hallucinogens, MDMA and alternatives, Methamphetamine (non-prescribed), Amphetamine, Pseudoephedrine (Sudafed), Ephedra, Ephedrine (Akovaz)

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THE UNIVERSITY OF ARIZONA  
MEL & ENID DOCKERTON COLLEGE OF PUBLIC HEALTH  
Southwest Center on Resilience for Climate Change & Health



PIMA COUNTY  
HEALTH DEPARTMENT



ARIZONA HEAT  
PREPAREDNESS NETWORK



ARIZONA  
Poison and Drug  
Information Center  
1-800-222-1222



ARIZONA  
DEPARTMENT OF  
HEALTH SERVICES  
2025



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