



Extreme Heat Outdoor Event Guidance for Attendees

Before You Leave



Check the Forecast and HeatRisk at heat.az.gov

Look up the expected temperature and the National Weather Service HeatRisk for the event day. Understand what the color/level means for you and your health.



Hydrate in Advance

Drink water before the event. Your urine color should be pale or lightly colored.



Dress for the heat

Wear lightweight, loose-fitting, light-colored clothing and a wide-brimmed hat. Bring an umbrella, and sunglasses. Apply sunscreen (SPF 30 or higher) to sun exposed skin and reapply every two hours.

At the Event



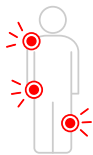
Drink Water

Sip water throughout the event and ensure those in your care are drinking water. Limit sugary drinks, alcohol, and excessive caffeine, as they can dehydrate you.



Stay Cool

Take regular breaks in shaded or cool spaces. Use cool, wet towels, misting fans, or apply water to your skin to help lower your body temperature.



Listen to Your Body

If you feel any signs of heat-related illness (dizziness, nausea, headache, weakness, muscle cramps), stop activity immediately and move to a cool place. Keep an eye on friends, family, and those around you. Know where the first aid stations and medical personnel are located.



If You See Someone in Distress

1. Alert event staff, on-site medical personnel, or call 911 immediately.
2. Move the person into an air conditioned space or if unavailable, to a shaded area. Be aware that ground temperatures can blister and burn skin.
3. Begin active cooling efforts. Wet the person's neck and clothing (armpits and lower legs) then fan them.



For more information and resources, scan the QR code or visit us online:
heat.az.gov