

Heat Safety *Daily Checklist*

Heat safety tips

- ☐ **Check the weather and HeatRisk** when planning your day.
- ☐ **Drink water regularly** and sip water throughout the day.
- ☐ **Don't rely on fans.** If indoor temperatures reach 90 degrees Fahrenheit, use air conditioning or visit a heat relief site for free water and air conditioning.

Packing for you and your family

- ☐ **1 large water bottle** per person.
- ☐ **Drinks and snacks with electrolytes** like low sugar fruit juice or sports drinks and foods like oranges, watermelon, and cucumbers.
- ☐ **Sunscreen with broad spectrum (SPF 30+) and lip balm** with SPF.
- ☐ **Protective clothing** like wide brimmed hats, sunglasses, and umbrellas.

Driving with family or pets

- ☐ **Look before you lock!** Always check the back seat before leaving the car and never leave people or pets alone in the car.
- ☐ **Pack water and snacks.** Bring drinking water and non-perishable snacks.
- ☐ **Share your location** with friends and loved ones before traveling and know which emergency channels are available.
- ☐ **Heat can harm your car battery.** Park in the shade when possible.
- ☐ **Create an emergency kit.** Keep important supplies, just in case. Check out ADOT's Extreme Heat Road Kit.

Walking your pet

- ☐ **Bring pet shoes and water** to protect their paws and keep them hydrated.
- ☐ **Walk in the shade or grass** whenever possible.
- ☐ **Plan walks during cooler times**, like early morning or late afternoon.

2025





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