

Maricopa County frequently exceeds temperatures of 110 degrees Fahrenheit in the summer months, but is fortunate enough to have relatively low humidity.

Extreme Heat can cause serious or even fatal medical conditions. Common hazards associated with extreme heat include heat cramps, heat syncope, heat exhaustion, and heat stroke.

The National Weather Service is using Heat Risk as a determining factor for watches and warnings. Heat Risk considers factors such as location, time of year, and duration to assess Heat Risk.

Watches & Warnings

Watches = Be Aware.

Warnings = Take Action!

Excessive Heat Watch

Conditions are favorable for extreme heat to develop which will pose a high or very high risk of impacts to the community.

Excessive Heat Warning

Extreme heat is on-going or imminent; it poses a high or very high risk of impacts to our community.

Information Zone

Follow these agencies on social media:

- Maricopa County Department of Emergency Management
- Maricopa County Department of Public Health
- Arizona Emergency Information Network
- National Weather Service Phoenix



Maricopa County

Emergency Management

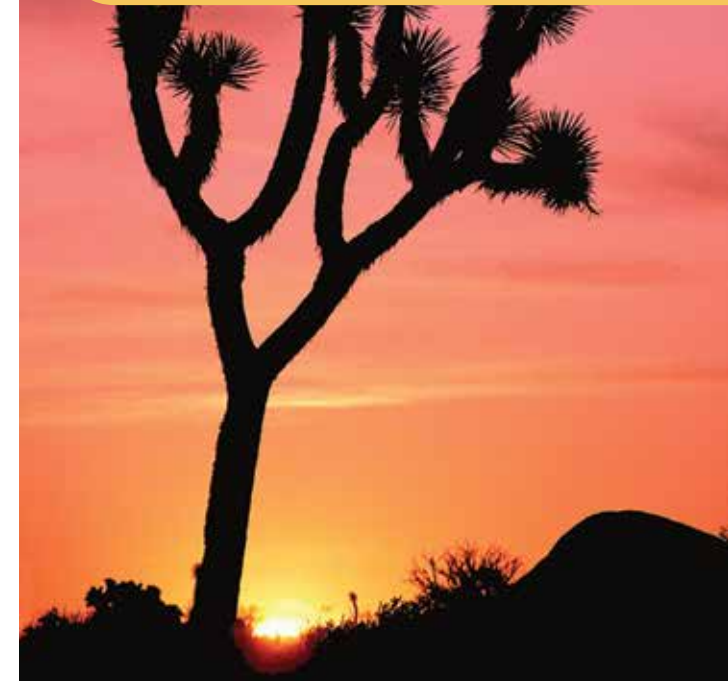
5630 E. McDowell Road
Phoenix, AZ 85008
602-273-1411
ready.maricopa.gov

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2017

ARE YOU READY?

EXTREME HEAT



Preparedness Starts with You!



Maricopa County
Emergency Management

Before

Know Your Risk & Be Informed

- Visit www.wrh.noaa.gov/wrh/heatrisk to view the heat risk in your area.
- Older adults, young children, and people who are sick, overweight, or have an underlying health condition are more susceptible to heat-related illness.
- People living in urban areas may be at greater risk from the effects of a prolonged heat wave than are people living in rural areas.
- An individual's Heat Risk can change depending on activity levels.
- Visit heataz.org to learn signs of heat illness and what to do.
- Visit azmag.gov/heatrelief for an interactive map of hydration and cooling stations.

Prepare Yourself & Your Family

- Develop and practice a **Disaster Plan** with your family to prepare for what to do, where to go, and how to communicate during any disaster.
- Prepare to evacuate by creating a **Go Bag** for each individual and pet. Consider including one in your vehicle and one at work.
- Prepare to stay in your home for up to 3 days (without electricity or running water) by creating an **Emergency Kit**.
- Visit ready.maricopa.gov and ein.az.gov to learn more about how to prepare for disasters.

Prepare Your Home

- Check air-conditioning ducts for proper insulation.
- Weather-strip doors and windows.
- Cover windows that receive direct sun with drapes, sun screens, or awnings.

During

Take Action Indoors

- Wear as little clothing as possible.
- Take cool baths or showers but avoid extreme temperature changes.
- Check on family and friends who are at high risk for heat-related illness.
- Bring pets indoors. Make sure they have plenty of water.
- Go to a designated public shelter if your home loses power during periods of extreme heat.

Take Action Outdoors

- Postpone outdoor activities.
- Drink lots of water, even if you aren't thirsty. Always have water with you. Avoid sugar, caffeine, and alcohol.
- Limit sun exposure and apply sunscreen at least 30 minutes prior to going outside.
- Try to work during early morning hours and take frequent breaks.
- Dress in loose-fitting, lightweight, and light-colored clothes and wear a wide-brimmed hat.
- Recognize symptoms of heat illness. Seek help immediately.

Take Action in a Vehicle

- NEVER leave children or pets alone in closed vehicles. LOOK BEFORE YOU LOCK!