



FOR IMMEDIATE RELEASE
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FIREFIGHTERS WARN OF DANGERS WITH RISING TEMPERATURES

Glendale, Ariz. — With record-breaking temperatures hitting the valley today and an excessive heat warning in effect until 8 p.m. tonight, firefighters want you to know how to stay safe when summer temperatures climb above 110 degrees. Following these simple tips may prevent a trip to the hospital or calling 911.

- **NEVER LEAVE KIDS OR PETS UNATTENDED IN CARS.**
- **Do your daily exercise early, as well as yard work and avoid being outside during the hours of 11:00 AM through 5:00PM.**
- **Drink plenty of water before, during, and after any outside activity. Stay hydrated.**
- **Limit soda, sugar, caffeine, and alcohol during any outside activity.**
- **Wear a wide-brimmed hat, and apply sunscreen to prevent sunburn.**
- **Keep a cell phone nearby, and avoid the outdoors if you have been ill or are prone to heat exhaustion.**
- **If in need of a cool place, public places with air conditioning include libraries, community centers, government building, malls and special refuge stations.**

Signs and symptoms of heat exhaustion include nausea, general weakness, dizziness, and body cramps. Cooling off, preferably indoors and re-hydrating your body may relieve this.

Signs and symptoms of heat stroke are hot flush skin, dizziness, nausea, cramps, and sometimes unconsciousness. This condition is much more serious, and may require immediate medical attention.

Visuals are available with firefighters and opportunities at Thunderbird Mountain.