



FOR IMMEDIATE RELEASE
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FIREFIIGHTERS WARN OF DANGERS WITH RISING TEMPERATURES

Glendale, Ariz. — With rising temperatures, 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.

- **Do your daily exercise and yard work early 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, caffeine, and alcohol during any outside activity.**
- **Wear a 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.**

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, city employees who work outside, as well as opportunities for outside shots at Thunderbird Mountain.