

FOR IMMEDIATE RELEASE

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GLENDALE OFFERS TIPS TO HELP OVERCOME THE SEASONAL HEAT

GLENDALE, Ariz. – Whether you're a new resident to the Valley or a native, everyone needs to stay alert to the dangers of the high seasonal temperatures. The city of Glendale offers the following tips to stay safe from heat-related illnesses:

- Do your daily exercise early, as well as yard work and avoid being outside during the hours between 11 a.m. and 6 p.m.
- 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.
- Never leave children or pets inside of an unattended vehicle.
- Become familiar with the symptoms of heat exhaustion, which includes nausea, general weakness, dizziness, and body cramps. Cooling off, preferably indoors and re-hydrating your body may relieve this condition.
- Signs and symptoms of heat stroke are hot flushed skin, dizziness, nausea, cramps. Moving to unconsciousness is a much more serious condition and may require immediate medical attention.

Glendale is offering several key facilities in the event of a "Heat Warning," as declared by the National Weather Service. If the temperatures reach this level, refuge and hydration can be found at the following sites:

- O'Neil Community, 6448 W. Missouri Ave.
- Glendale Adult Center, 5970 W. Brown St.
- Foothills Library, 19055 N. 57th Ave.
- Velma Teague Library, 7010 N. 58th Ave

For more information on the city's response during a "Heat Warning," call

Glendale's Emergency Management Department at 623/872-5000.

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