

Heat Safety

Monsoon Safety Awareness Week



- **Arizona's #1 weather-related killer**
- **Heat stroke is an emergency—call 911**
- **Stay inside in a cool ventilated place whenever possible**
- **Restrict outdoor activities to early morning or evening**
- **If you must be outside, wear loose-fitting, light clothing**
- **Drink plenty of water and take frequent breaks**
- **Frequently check on the young, elderly, and those with health conditions**
- **Don't leave small children in vehicles**