

**Excessive Heat Watch in effect from Monday, July 10<sup>th</sup>, 2022  
@ 10:00AM MST until 8:00PM MST by the National  
Weather Service (Phoenix, AZ Forecast Office).**

**Dangerous Heat The Next Few Days** Weather Forecast Office  
Phoenix, AZ  
Issued Jul 10, 2022 4:00 PM MST

Take Precautions If You Are Going To Be Outdoors 

THROUGH MID-WEEK...

**Lower Desert High Temps  
110° to 115°  
Hottest On Monday**

**Metro Phoenix Low Temps  
85° to 90°**

**Widespread MODERATE HeatRisk  
Locally HIGH Especially Near Phoenix**

**Heat Alerts**



**Excessive Heat Warning  
For Monday**

**WHAT TO DO**

-  **STAY HYDRATED**  
Even If Not Thirsty
-  **CHECK THE BACK SEAT**  
Children - Pets
-  **NOT FEELING WELL?**  
Seek Shade, Get Inside

[NWSPhoenix](#) [weather.gov/psr](http://weather.gov/psr)

Highs above 110 continue to start the week around the lower desert, including Phoenix. The hottest day, Monday, will rise up to 115 in a few areas.

**...EXCESSIVE HEAT WATCH NOW IN EFFECT FROM MONDAY MORNING  
THROUGH MONDAY EVENING...**

**WHAT...** Dangerously hot conditions possible. Afternoon temperatures 109 to 115.

**WHERE...** Portions of south central and southwest Arizona and southeast and southern California.





**WHEN...** From Monday morning (10:00 AM) through Monday evening (8:00 PM).

**IMPACTS...** High Heat Risk. Overexposure can cause heat cramps and heat exhaustion to develop and, without intervention, can lead to heat stroke.



[Click here for hazard details and duration](#)

## Excessive Heat Warning July 11, 10:00am until July 11, 08:00pm

Today	Tonight	Tuesday	Tuesday Night
			
Hot	Mostly Clear	Hot and Breezy	Mostly Clear and Breezy then Mostly Clear
High: 112 °F	Low: 84 °F	High: 111 °F	Low: 85 °F

### PRECAUTIONARY/PREPAREDNESS ACTIONS...

An Excessive Heat Watch means that a period of very hot temperatures, even by local standards, will occur. Actions should be taken to lessen the impact of the extreme heat.

\*Stay indoors and seek air-conditioned buildings. \*Drink water, more than usual, and avoid dehydrating alcoholic, sugary, or caffeinated drinks. \*Dress for the heat - lightweight and light-colored clothing. \*Eat small meals and eat more often. \*Monitor those with a higher vulnerability to heat, including small children. \*Check in on family, friends, and neighbors, especially the elderly. \*If engaging in outdoor activity, take longer and more frequent breaks and avoid the hottest parts of the day. \*Never leave kids or pets unattended in cars. \*Public cooling shelters are available in some areas. \*Consult county officials for more details, which may include guidance for proper social distancing measures.

Recognize the signs and symptoms of heat-related illness. Early signs include thirst and muscle cramps. **Heat exhaustion** may include: cool, moist, pale skin; headache; dizziness; weakness or exhaustion; nausea. The most serious illness is **heat stroke**, which may include: vomiting; confusion; throbbing headache; decreased alertness or loss of consciousness; high body temperature (above 105F); hot, dry skin; rapid, weak pulse; rapid, shallow breathing; seizures.

**Heat stroke can be DEADLY. Treat as an emergency and call 9 1 1.**