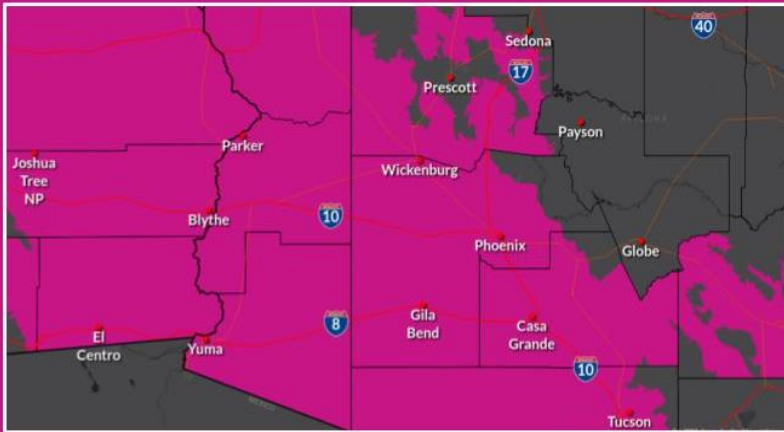


Excessive Heat Warning extended until 8:00pm MST/PDT Friday, July 7th, 2023.

Excessive Heat Warning



Areas affected: Lower Elevations of SE California and Arizona

🕒 Timing

- Until 8 PM MST Friday, July 7th

🌡️ Temperatures

- South Central AZ
Highs: 108-116° Lows: 78-88°
- Southwest AZ and Southeast CA
Highs 108-117° Lows: 76-85°

⚠️ Precautions

- ✓ Extreme (very high) risk of heat stress or illnesses for entire population
- ✓ Stay hydrated
- ✓ Avoid exposure to the sun from 10 am to 6 pm
- ✓ If you have access to air conditioning, use it. Fans may not be adequate
- ✓ Wear light, loose fitting clothing



National Weather Service · Phoenix, AZ

weather.gov/phoenix

Updated: Monday, July 3, 2023

...EXCESSIVE HEAT WARNING REMAINS IN EFFECT UNTIL 8 PM FRIDAY...

WHAT...Dangerously hot conditions. Afternoon temperatures 108 to 117 degrees. Overnight lows 76 to 85 degrees.

WHERE...Portions of southwest Arizona and southeast and southern California.

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

PRECAUTIONARY/PREPAREDNESS ACTIONS...

An Excessive Heat Warning 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.