

Moderate HeatRisk for Monday, April 10th, 2023 & Tuesday, April 11th, 2023 by the National Weather Service (Phoenix, AZ Forecast Office).

NWS Phoenix, AZ

very high
high
2 - moderate
minor
none

Moderate HeatRisk is the
2nd of 4 levels
of HeatRisk

What is Moderate HeatRisk?

What it means:

- Heat that is tolerated by the well-acclimated - happens many times a year
- Moderate Risk of heat-related illnesses to those sensitive to heat, such as older adults (65+), infants, athletes, outdoor workers, those without effective cooling, and those with chronic diseases. Some risk to general population.

Actions to take:

- Drink plenty of water or sports drink
- Wear lightweight, light-colored clothing
- Reduce time spent outdoors or stay in the shade
- Open windows at night

weather.gov/Phoenix
National Weather Service - Phoenix, AZ
Updated: Sat Apr 8, 2023 4:00 AM MST

Very warm afternoon temperatures on Monday and Tuesday will pose a moderate risk of heat-related illnesses to those sensitive to heat. High temperatures in the upper 90s are expected both days across the lower deserts.

WHAT... Hottest days Monday-Tuesday, with new records possible. Chance of 100+ °F Monday and Tuesday is 10-50%.

Impacts: Moderate Risk of heat-related illnesses to those sensitive to heat, such as older adults (65+), infants, athletes, outdoor workers, those without effective cooling and/or adequate hydration, and those with chronic diseases. Some risk to general population.

PRECAUTIONARY/PREPAREDNESS ACTIONS...

*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.

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.