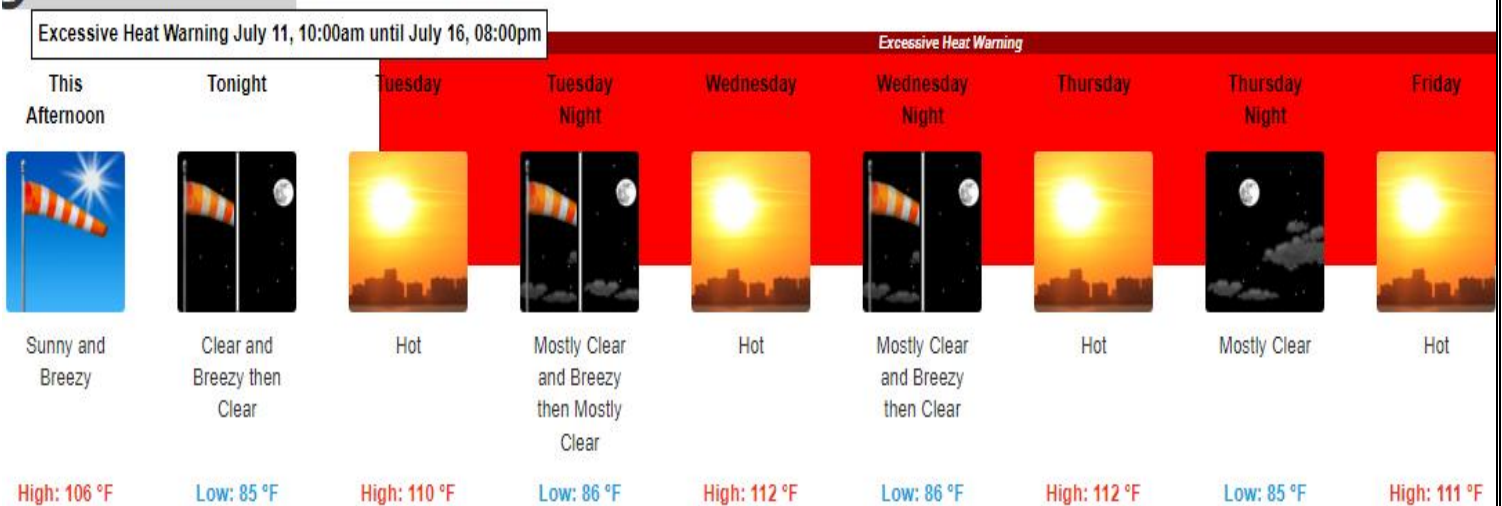


# Excessive Heat Warning was issued on Monday, July 10, 2023 for Tuesday, July 11<sup>th</sup>, 2023 @ 10:00am until 8:00pm Sunday, July 16<sup>th</sup>, 2023 by the National Weather Service (Phoenix, AZ Forecast Office).



## ...EXCESSIVE HEAT WARNING REMAINS IN EFFECT FROM 10 AM MONDAY TO 8 PM SUNDAY...

**WHAT...**Dangerously hot conditions. Afternoon temperatures 105 to 114 degrees expected Tuesday through Thursday increasing to 110 to 119 degrees by the weekend.

**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.**