

Tips to Avoid Heat-Related Illnesses

- ✓ Increase fluid intake, regardless of activity level. Staying hydrated is extremely important.

- ✓ Never leave infants, children or pets inside a parked vehicle.

- ✓ Check on elderly neighbors to make sure their air conditioning is working and in use. Take advantage of free air-conditioning by visiting locations like shopping malls, the library or other heat refuge locations provided on the map.

- ✓ Limit exercise or outdoor activity between the hours of 11am and 3pm.

- ✓ When outdoors, wear a sunscreen with a minimum SPF 15 and re-apply often. Wear a hat, lightweight clothing and sunglasses.

- ✓ Rest frequently in shady or cool areas to give the body's temperature a chance to recover and cool down.

- ✓ For a map of hydration stations and refuge locations, go to the MAG Website at www.azmag.gov. For additional information, contact Brande Mead, MAG Human Services Program Manager at (602) 254-6300.