



HEAT ADVISORY

An extreme heat advisory has been issued for the metro Phoenix area, which includes the city of Peoria. The City of Peoria wants to help you stay safe and healthy during this time of extreme heat.

Please use the tips on the reverse side of this flier to help yourself and your family stay safe during extreme heat conditions.

If you need to get out of the heat and do not have access to an air-conditioned home, go to your local shopping mall, library, or theater.

If you have an **emergency**, please dial 911 immediately to get assistance.

If you need **non-emergency** assistance, please stop any City of Peoria vehicle or call the City of Peoria non-emergency phone number at 623-773-8311.

What to Do in a Heat Wave

- Slow down. Avoid strenuous activity.
- Stay indoors as much as possible. If you do not have access to air conditioning, go to your local library, shopping mall, or theater.
- Wear lightweight, light-colored clothing.
- Drink plenty of water regularly and often – even if you do not feel thirsty.
- Avoid alcohol and caffeine, which contribute to dehydration.
- Eat small meals and eat more often. Avoid foods high in protein, which increase metabolic heat.
- Avoid salt, unless directed not to do so by a physician.

Signs of Heat Emergencies

Heat Exhaustion Cool, moist, pale, or flushed skin; heavy sweating; headache; nausea or vomiting; dizziness; and exhaustion. Body temperature will be near normal.

Heat Stroke Hot, red skin; changes in consciousness; rapid, weak pulse; and rapid, shallow breathing. Body temperature can be dangerously high (up to 105°). If there was sweating, the clothing may be wet, otherwise sweating has essentially ceased.

If you have a medical emergency, get medical attention immediately!