

IT'S **HOT** OUTSIDE!

Be **AWARE.**

Be **HYDRATED.**

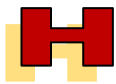
Be **COOL.**

Excessive Heat Warning

The National Weather Service has issued out an "Excessive Heat Warning" due to the rise in high temperatures in the next few days. Temperature reaching as high as 118 degrees is expected.

Precaution safety tips:

- Prolonged heat stresses the body
- Stay inside in a cool ventilated place whenever possible
- Restrict outdoor activities to early morning or evening
- If you must be outside, wear loose-fitting, light clothing
- Drink plenty of water and take frequent breaks
- Frequently check on the young, elderly, and those with health conditions
- Residents are encouraged to check on family members and elder neighbors.



Hydrate: hydration is an important part of a health life year round, but is especially crucial during the hot summer months. Always stay hydrated



Environment/Weather: Please be cautious of your surroundings and pay attention to the excessive heat watches/warnings conditions.



Awareness: the best way to beat the heat is to stay informed on extreme heat safety actions as well as the impact and illness associated with heat exposure.



Take Action: knowing first aid treatments and when to call 911 are Critical action to take when dealing with heat illness, actions that can Be taken to prepare for the heat.

Free phone application at Android and Apple for OEM available at "GRIC OEM".

**Office of Emergency
Management**

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