

Recognize Signs of Heat Illness

Heat Exhaustion	Heat Stroke
Faint or dizzy	Throbbing headache
Excessive sweating	No sweating
Cool, pale, clammy skin	Body temperature above 103° Red, hot, dry skin
Nausea or vomiting	Nausea or vomiting
Rapid, weak pulse	Rapid, strong pulse
Muscle cramps	May lose consciousness
<ul style="list-style-type: none">• Get to a cooler, air conditioned place• Drink water if fully conscious• Take a cool shower or use cold compresses	Call 9-1-1 Take immediate action to cool the person until help arrives

Used with permission from the National Weather Service



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Turn over to find a
local cooling center.





How to find a cooling center near you:

Call 211 if you need help finding or getting to heat relief site.



Maricopa County

To find a cooling center, respite center, or hydration station near you, visit the Maricopa Association of Governments Heat Relief Network Interactive Map at hrn.azmag.gov

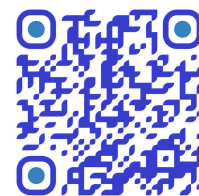
Gila County

To find a cooling station near you, visit the Gila County Health & Emergency Management Heat Shelter Map at bit.ly/4fwGFBp
On their map, you will find cooling stations in Globe, Payson, Hayden, Pine, Miami, Tonto Basin, San Carlos, and Young.



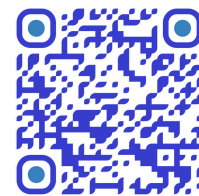
Pima County

To find a cooling center, respite center, hydration station, public pool, or splash pad near you, visit the Pima County Cooling Centers Map at www.pima.gov/2307/Cooling-Centers



Pinal County

To find a hydration or cooling station near you, visit the Pinal County Coalition to End Homelessness Hydration & Heat Relief Map at pcceh.com/hydration-and-heat-relief/



Yuma County

To find a cooling center or water site near you, visit the Yuma County Cooling & Water Sites Map at bit.ly/3A4Kfm9



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