Welcome to the Valley of the Sun!
Tips for Staying Safe in the Arizona Heat

Fill. Drink. Repeat. Drink water even when you are not thirsty. Thirst and sweating are late signs of dehydration.

Never leave children or pets in a car.

Take breaks in the shade or in air conditioning.

Keep your head and babies' heads covered. Reapply sunblock every 2 hours.

Enjoy the trails & outdoor activities in the early morning or late evening.

Maricopa County Public Health

Want more? Visit HeatAZ.org