



NEWS FOR IMMEDIATE RELEASE

GlendaleAZ.com/Fire

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WITH LARGE CROWDS EXPECTED, FIREFIGHTERS WARN FOOTBALL FANS AND CONCERT-GOERS OF HIGH TEMPERATURES

Glendale, Ariz. — With a high of 102 degrees expected this Friday at the University Of Phoenix Stadium when the Arizona Cardinals open their preseason, the Glendale Fire Department wants football fans, especially visitors to the valley, to stay safe and know the dangers that high heat conditions can cause.

Those same hazards will exist when Guns N' Roses takes the stage on Monday as the daily high temperature will climb over the weekend.

On June 5, Glendale Firefighters treated 75 people at the Copa America soccer match, the high temperatures being the culprit of a majority of the calls as patients' symptoms were most synonymous with heat exhaustion. Firefighters responded to over 50 of those calls before the match began.

By the end of the night, a total of 11 people had been transported to the hospital.

Following these simple tips will help ensure a good time at any event:

- Avoid outdoor activity and exercise before tailgating or attending the event.
- Drink plenty of water before, during, and after the event. Stay hydrated!
- Avoid caffeine, alcohol, and large amounts of sugar.
- Wear a hat, and apply sunscreen to prevent sunburn.
- NEVER LEAVE ANYONE INSIDE OF AN UNATTENDED VEHICLE.
- Know the symptoms of heat exhaustion- nausea, general weakness, dizziness, and body cramps. Cooling off, preferably indoors and re-hydrating your body may relieve this condition.
- Know the symptoms of heat stroke- hot, flushed skin, dizziness, nausea, cramps, and sometimes unconsciousness. This condition is much more severe, and may require immediate medical attention.

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