



NEWS FOR IMMEDIATE RELEASE

GlendalesAZ.com/Fire

Glendale Fire Department

6829 North 58th Drive / Glendale, Arizona 85301

623-930-4400



May 31, 2016

CONTACT: Capt. Michael Young, PIO, 623-986-0148

FIREFIGHTERS WARN RESIDENTS AND WINTER VISITORS OF EXTREME TEMPERATURES

Glendale, Ariz. — With temperatures expected to climb to 110 degrees or higher this weekend, firefighters want residents, especially winter visitors still in the valley, to stay safe and know the dangers that extreme heat conditions cause.

Following these simple tips will help you survive the heat:

- Do your daily exercise early, as well as yard work and avoid being outside during the hours of 11:00 A.M. through 6:00 P.M.
- Drink plenty of water before, during, and after any outside activity. Stay hydrated.
- Limit soda, caffeine, and alcohol during any outside activity.
- Wear a hat, and apply sunscreen to prevent sunburn.
- NEVER LEAVE CHILDREN OR PETS 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.

###