



NEWS FOR IMMEDIATE RELEASE

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WITH LARGE CROWDS EXPECTED, FIREFIGHTERS WARN SOCCER FANS AND VISITORS OF HIGH TEMPERATURES

Glendale, Ariz. — With temperatures expected around 110 degrees this Saturday at the University of Phoenix Stadium when the United States versus Columbia kicks off, the Glendale Fire Department wants soccer fans, especially visitors to the valley, to stay safe and know the dangers that high heat conditions can cause.

On June 5, Glendale Firefighters treated 75 people at the Copa America soccer match, the record-breaking temperature 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 you survive the heat at the soccer 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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