

Weather Outlook



IT'S HOT OUTSIDE!

STAY COOL.
STAY HYDRATED.
STAY INFORMED.










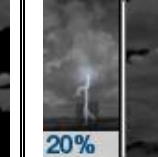
The high temperatures increase the risk for heat-related illnesses like heat exhaustion and heat stroke. Heat-related illnesses are preventable so help protect yourself, your family, friends, and coworkers here are some safety tips:

- Stay informed with the weather and activities should be rescheduled to the coolest times of the day. Should dress in light clothing and **drink plenty of water throughout the day**.
- Heat Stroke**-seek medical help **immediately** if someone is suffering from a heat stroke. Sign & symptoms include flushed skin that is very hot to the touch; rapid breathing, dizziness, confusion, or unresponsive.
- Heat Exhaustion**-When the body loses an excessive amount of salt and water. Symptoms are similar to flu and can include severe thirst, fatigue, headache, nausea, and vomiting. Move them to a shaded area/air conditioned area, give water, and apply wet towels or have them take a cool shower.

Office of Emergency Management
Phone: 520.796.3755
gricready.com

Date: August 5th, 2019

The weather for today in the Community will be sunny and hot with a high of 111 degrees. There will be an **Excessive Heat Warning** for today. Be sure to check on the elderly and to watch out for children since they are both sensitive to extreme heat. The next couple of days a high pressure from the east will bring the moisture and storm chances will increase which the temperature will start to go down. The weekend will continue to be cloudy with some thunderstorm activity in the Community.

Monday	Tuesday	Wednesday	Thursday	Friday
 HOT High: 111°	 Mostly Sunny High: 107°	 Mostly Sunny High: 105°	 Mostly Sunny High: 105°	 Partly Sunny High: 104°
Monday Night	Tuesday Night	Wednesday Night	Thursday Night	Friday Night
 Mostly Cloudy Low: 86°	 Mostly Cloudy Low: 78°	 Partly Cloudy Low: 84°	 Partly Cloudy Low: 83°	 20% Slight Chance of T-Storms and Mostly Cloudy Low: 82°

HEAT EXHAUSTION

-  Faint Or Dizzy
-  Excessive Sweating
-  Cool, Pale, Clammy Palms
-  Nausea or Vomiting
-  Rapid, Weak Pulse
-  Muscle Cramps

TREATMENT OPTIONS

Get to a cooler, air conditioned area
Drink water if fully conscious
take a cool shower
use a cool Compress



HEAT STROKE

-  Throbbing Headache
-  Sweating Stops
-  Temperature Over 103 deg.
-  Nausea or Vomiting
-  Rapid, Strong Pulse
-  Loss of Consciousness

CALL 9-1-1 Immediately

Reduce Temperature Until
Emergency Services Arrive

STAY SAFE

DRINK WATER

TAKE A BREAK

AVOID PEAK TEMPS

WORK IN TEAMS

WEAR SUNSCREEN

The OEM Duty Phone (520)-610-8120 is available for emergency support purposes only!