

# Weather Outlook



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:




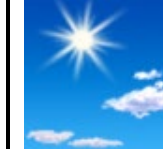
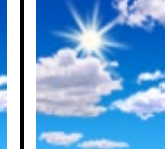

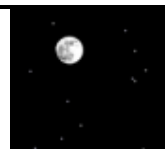
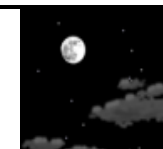
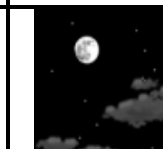

- Stay informed with the weather and activities should be rescheduled to the coolest times of the day. Should dress in light clothing and **drink plenty of water throughout the day.**
- Heat Stroke**-seek medical help **immediately** if someone is suffering from a heat stroke. Sign & symptoms include 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  
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Date: May 4, 2020

**BE AWARE. BE HYDRATED. BE COOL.**

Prepare for another very warm week in the Community, which starts with Monday having a high of 99 degrees and a low of 63 degrees. A ridge of high pressure will be arriving from the west that will cause an **Excessive Heat Watch** from Wednesday to Thursday with temperatures ranging from 104-109 degrees. The weekend will continue to be sunny with temperatures in the low 100's.

Monday	Tuesday	Excessive Heat Watch Wednesday	Excessive Heat Watch Thursday	Friday
 Sunny High: 99°	 Sunny High: 103°	 Sunny High: 107°	 Sunny High: 108°	 Mostly Sunny High: 105°
Monday Night	Tuesday Night	Wednesday Night	Thursday Night	Friday Night
 Clear Low: 63°	 Clear Low: 65°	 Mostly Clear Low: 68°	 Mostly Clear Low: 70°	 Mostly Clear Low: 71°



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