



Weather Outlook



Heat Preparedness

Tips:

For those GRIC Employees who work outdoors. Below are a few safety tips:

- Nationwide, the #1 weather related killer.
- Prolonged heat stresses the body.
- Stay inside in a cool ventilated place whenever possible.
- Restrict outdoor activities to early morning or evening.
- If you must be outside, wear loose-fitting, light clothing
- Drink plenty of water and take frequent breaks.
- Residents are encouraged to check on family members and elder neighbors.

Office of Emergency Management






Phone: 520.796.3755

gricready.com
gricready.org

Date: April 8th, 2019

Today will 95 degrees in the Community with sunny weather and a low of 61 degrees tonight. The Community highs will reach mid upper 90's today and tomorrow. Towards the end of the week and the start of the weekend, another storm system will bring rain chances to the Community and bringing cooler temperatures Friday and Saturday. The weather will return back to normal Saturday night with mostly clear skies.


STAY COOL & STAY HYDRATED

Monday	Tuesday	Wednesday	Thursday	Friday
 Sunny High: 95° Low: 61°	 Sunny then Increasing Clouds High: 97° Low: 57°	 Sunny & Breezy High: 78° Low: 48°	 Sunny High: 78° Low: 51°	 Sunny High: 75° Low: 47°

BE A BUDDY and recognize **heat illness** in others.

HEAT CRAMPS

Often the first sign that your body can't handle the heat. These muscle cramps usually affect the legs, arms, or abdomen.



HEAT STROKE

Medical Emergency! The body's systems for cooling itself are shutting down, and body temperature can rise to 106 degrees. Look for: Red, hot, dry skin - rapid, strong pulse - throbbing headache - dizziness - nausea - confusion - unconsciousness.

HEAT EXHAUSTION

Can come on gradually (possibly over several days). Symptoms may include skin that is cool, moist, and pale; dizziness, nausea, fainting, headache, and muscle cramps. People with heat exhaustion may also develop fast, shallow breathing and a rapid, weak pulse.

TIPS - avoiding heat illness

 <p>Air conditioning Use air conditioning or cool showers to keep your body cool. If you don't have air conditioning, call your public health department to find out if there's a heat-relief shelter in your area.</p>	 <p>Fluids Drink plenty of fluids. When you're well-hydrated your urine should be very light or clear. This is especially important when you're active.</p>	 <p>Planning Schedule outdoor activities during the coolest parts of the day, usually mornings and evenings.</p>
 <p>Clothing Wear lightweight, light-colored, and loose-fitting clothing.</p>	 <p>Caffeine or alcohol Avoid caffeine and alcohol. They can both dehydrate you.</p>	 <p>Summer extras When outside, wear a hat or visor, sunglasses, and sunscreen.</p>

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