

Weather Outlook



Date: July 1st, 2019



Be Aware:

- Plan activities safely when it's hot outside.
- Stay informed on impacts and illnesses associated with heat exposure.

Be Hydrated:

- Drink 2 to 4 cups of water every hour while working.
- Don't wait until you're thirsty to drink.
- Take frequent breaks in the shade or indoors.
- Avoid beverages with caffeine or alcohol.

Be Cool:

- Wear and reapply sunscreen as indicated on the package.
- Wear light color and loose fitting clothing.



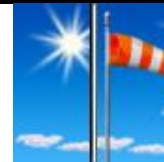

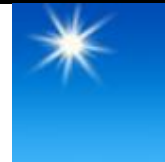
Office of Emergency Management

Phone: **520.796.3755**

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Today's temperatures will climb to around 111 degrees with sunny skies and dry conditions in the Community. The temperatures will start to fall a bit for the rest of the week and for Thursday's **Independence Day** will be sunny with a high of 106 degrees. The weekend will remain in the mid 100's with sunny conditions. As the heat continues please be sure to check on the elderly as well as watching out for children outdoors since they are more sensitive to temperature extremes.

Monday	Tuesday	Wednesday	Independence Day Thursday	Friday
				
HOT High: 111 °F Low: 78° F	Sunny High: 107° F Low: 76° F	Sunny and Breezy High: 107 °F Low: 73° F	Sunny High: 106° F Low: 74° F	Sunny High: 106° F Low: 76° F

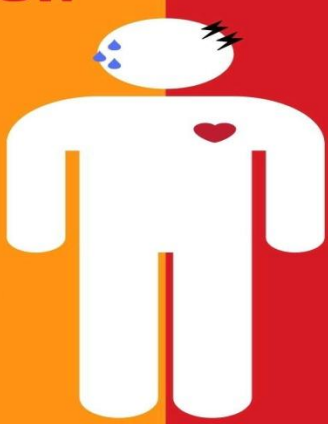
HEAT EXHAUSTION

- Faint or dizzy
- Excessive sweating
- Cool, pale, clammy skin
- Nausea or vomiting
- Rapid, weak pulse
- Muscle cramps

OR

HEAT STROKE

- Throbbing headache
- No sweating
- Body temperature above 103° and red, hot, dry skin
- Nausea or vomiting
- Rapid, strong pulse
- May lose consciousness



WHAT TO DO

- Get to cooler, air-conditioned place
- Drink water
- Take cool shower or use cold compresses

- **CALL 9-1-1**
- Take immediate action to cool the person until help arrives

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