



For Immediate Release  
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## Monsoon Awareness Week 2024

The National Weather Service is partnering with the Arizona Department of Emergency and Military Affairs, Environmental Quality, Health Services, Insurance and Financial Institutions, Transportation, and Water Resources to promote severe weather preparedness. Monsoon Awareness Week is held annually to highlight the importance of being prepared for Arizona's severe weather and flooding.

The monsoon season, which runs from June 15th-September 30th, is associated with thunderstorms that produce lightning, strong winds, and heavy rains. A monsoon thunderstorm can pose multiple threats to life and property including deadly lightning, localized flash flooding, and dust storms that reduce visibility and cause unhealthy air quality.

Because monsoon season spans the hottest months of the Arizona summer, it is also important to recognize the dangers of extreme heat and the symptoms of heat-related illnesses such as dehydration, heat exhaustion, and heat stroke. Whenever possible, reduce exposure to the sun and heat during peak hours.

This year, the following daily themes will be used during [Monsoon Awareness Week](#):

- Sunday, June 9:** Introduction to the Monsoon
- Monday, June 10:** Extreme Heat
- Tuesday, June 11:** Flash Flooding & Debris Flow
- Wednesday, June 12:** Lightning
- Thursday, June 13:** Downburst Winds
- Friday, June 14:** Dust Storms
- Saturday, June 15:** Recreation During the Monsoon

Know the hazards in your community and where you travel. Get current weather forecasts at [weather.gov/phoenix](https://weather.gov/phoenix), on TV, on the radio or online. Visit the [Arizona Emergency Information Network website](#) for emergency updates, preparedness advice and hazards information, and related resources. View the latest hourly air quality forecasts at [azdeq.gov/forecasting](https://azdeq.gov/forecasting).

Stay safe this monsoon.  
National Weather Service Phoenix, Arizona