

AZFH HEAT RELIEF INFORMATION

Protecting Lives During Arizona's Extreme Heat

- **WHO IS MOST AT RISK?**
- Unsheltered individuals
- Seniors & people with health conditions
- People without access to cooling

- **HOW TO STAY SAFE**
- Drink water often
- Seek shade or air-conditioning
- Avoid peak heat (10am-6pm)

- **WARNING SIGNS**
- Dizziness or confusion
- Hot, red, or dry skin
- Call 911 for heat stroke

- **HOW YOU CAN HELP**
- Check on people outdoors
- Offer water if safe
- Share heat-safety info

AZFH | Mobile Heat Relief Outreach

Together, we can save lives – one bottle at a time.



ARIZONA'S
FAMILY TO THE
HOMELESS

Scan to Give

