

## PREPARING FOR SUMMER



It's Heat Awareness Week and the City of Phoenix wants you to **Be Heat Ready**. The City kicked off its 2023 Summer Safety Campaign on Monday. This week and throughout summer, the City is your connection to safety tips and information, starting with this special edition of PHXConnect. Triple digit temperatures are upon us, so make sure to follow the City's social media accounts (@CityofPhoenixAZ) for more great resources during the Summer Safety campaign. Visit [Phoenix.gov/Summer](https://Phoenix.gov/Summer) to learn more. We hope you enjoy a safe Phoenix summer.

## HEAT SAFETY TIPS

Heat watches and warnings are issued by the National Weather Service (Follow @NWSPhoenix on social media). During these times, it is best to remain indoors whenever possible.

Here are a few tips on how to protect yourself while outdoors.

- ◆ Know the signs of **Heat Exhaustion** and **Heat Stroke**.
- ◆ Drink more water than usual.
  - ◆ Avoid Sugary drinks, alcohol, and caffeine.
- ◆ Take frequent breaks and wear light-colored clothing and wide-brimmed hats.

Find additional tips at [Phoenix.gov/Heat](https://Phoenix.gov/Heat).

### HEAT EXHAUSTION

vs

### HEAT STROKE

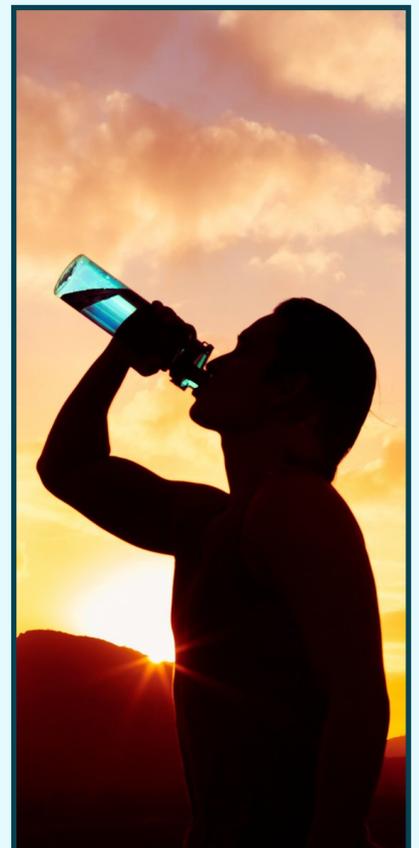


#### ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

#### ACT FAST

- **CALL 9-1-1**
- Move person to cool shaded area
- Loosen clothing & remove extra layers
- Cool with water or ice



## SUMMER AT THE LIBRARY



Escape the summer heat at a Phoenix Public Library location this summer and have fun playing the Summer Reading Game! June 1 through August 1, read at least 20 minutes a day (all reading counts) to earn points and prizes. Stay cool at one of [17 Phoenix Public Library locations](#) where you can enjoy exciting programs, use a computer or Wi-Fi, and find plenty of great reads!

Registration opens May 1. This year's Summer Reading kicks off with a First Friday Family Fun Night at Burton Barr Central Library, Friday, May 5, from 6-8 p.m. Enjoy live music, crafts, prizes and more. Visit [First Friday Family Fun Night](#) or [phoenixpubliclibrary.org](http://phoenixpubliclibrary.org) for more details.

## WE'VE GOT YOU COVERED



Are you worried your neighbor, grandparents, or friends are not staying cool in the summer? Our **Cool Callers** volunteers are available to offer wellness checks on Phoenix residents during the hot summer months, with a focus on excessive heat warning days. Community members can opt into the program to receive calls to make sure they are safe and their homes are cool. If you'd like to sign up for free wellness calls, visit [Phoenix.Gov/Heat](http://Phoenix.Gov/Heat).

## PUBLIC TRANSIT SAFETY TIPS

While the Valley heats up, you can stay cooler when riding public transit by following a few simple tips.

1. Bring water: Staying hydrated is key to staying safe in the heat. Just be sure to use a spill-proof bottle or container with a secure lid.

2. Wear a hat: Bring your own shade with you wherever you go!

3. Track your trip:

Reduce the wait time at a stop or station by downloading the [Valley Metro app](#) to track your bus or train.

Visit [valleymetro.org/heatrelief](http://valleymetro.org/heatrelief) for more safety tips.



## COOL VOLUNTEERS NEEDED



Want to help out during the summer heat? You, your friends, and family are invited to volunteer to help our community during these hot summer months.

The City of Phoenix VolunteerPHX and HeatReadyPHX programs are looking for volunteers for the "We're Cool" program. Volunteers reach out to people who have opted in to receive phone calls during especially hot days to make sure they are OK. If you are interested, use this [We're Cool](#) form to sign up to help.

## HYDRATE WITH PHX WATER

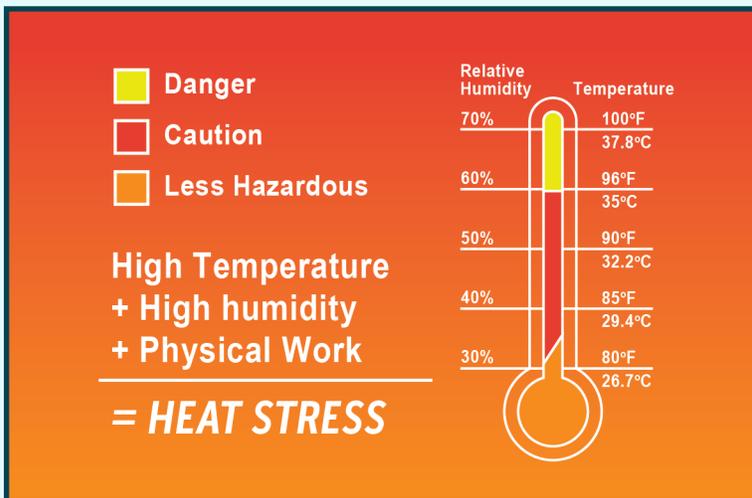
As summer approaches and temperatures in the Valley soar, everyone must prioritize hydration to stay healthy and productive. [Phoenix Water Services](#) is an excellent resource to help protect you from the summer heat.



During hot Phoenix summers, our bodies lose water at an increased rate, resulting in dehydration if not replenished. Consuming adequate amounts of water throughout the day is essential to prevent heat-related illnesses.

To ensure optimal hydration, follow these tips:

1. Carry a reusable water bottle and refill it regularly.
2. Drink water before you feel thirsty to prevent dehydration.
3. Consume additional fluids when engaging in outdoor activities.



Proper hydration is essential, especially if you work outside or are participating in outdoor activities. Your body can start experiencing heat stress in triple-digit temperatures depending on the humidity and what you are doing outside. Signs of heat stress include dizziness, headache, muscle cramps or nausea. If you or someone is experiencing any of these symptoms, get to a cooler place and drink water. If it is necessary, call 911. If you will be outside, please remember to use sunscreen and wear light-colored, breathable clothing. [STAY HYDRATED, PHOENIX!](#)

## VEHICLE PREPAREDNESS

Make sure your vehicle is ready for summer weather and the monsoon. Here's what you need to know.

- Test your battery – the heat can really zap them.
- Be sure your vehicle's air conditioner is in good working order.
- Check your coolant levels and top off if needed.
- Confirm your tires are properly inflated.
- Check and replace your windshield wipers .

Pay attention to signs that warn of flood areas. Never cross a flooded wash or roadway. A vehicle can be swept away in just 12 inches of water.



Remember: **“Turn Around, Don't Drown!”**

When driving in a severe storm, pull over if possible and wait it out. If it's a dust storm, look for a safe place to park completely off the paved portion of the roadway and turn off your vehicle lights.

## PUBLIC WORKS REMINDERS

### Alley Maintenance

Did you know homeowners are responsible for maintaining the alleys behind their properties? Please help us provide efficient garbage collection by trimming back weeds, trees, and any overgrowth that makes it hard for trash trucks to get through.

### Bagged and Closed

Don't let monsoon storms ruin trash day. Please keep your container lids closed (especially in the rain) to prevent trash from blowing all over the street! Bag and tie garbage – it helps keep the bugs out and the odors in. *Do not bag recyclables (the bags jam our sorting machines).* [Learn more about how to Recycle Right at phoenix.gov/recycle.](#)

Join the **Conversation**



## FEATURED JOB OF THE WEEK

### Accountant III – Multiple Departments (Aviation, Fire, and Human Services)

**\$58,032.00 - \$88,379.20 annually**

This position assists in preparing financial reports, recording and reconciling parking revenue, and tracking capital assets.

For more information about this position, visit the [City's employment website](#) online or log into eCHRIS. [Check out the latest job openings.](#)

## DID YOU KNOW?

The City is recruiting for the 2023 Aquatics Season. Job opportunities are available for cashier, mascot, lifeguard, shallow water guard, swim lesson instructor, assistant pool manager, and pool manager. Make a splash and earn some cash! [Learn more here.](#)

## LEAVE DONATION

The following employees are accepting leave donations. Use eCHRIS to make your donation to any eligible employees. Visit the [Leave Donation website](#) for a complete list.

- ◆ **Christopher Williams, Water Services Department**
- ◆ **Maylene Cezares, Public Transit Department**
- ◆ **John Scola, Street Transportation Department**
- ◆ **Stephanie Lopez, Law Department**

## NETWORK NOW 2023



NetworkPHX, a subcommittee of Women in Leadership, is hosting a networking event with three dynamic local leaders and we want you to join us! The event is designed to share knowledge, tips, and tricks to successfully navigate networking personally and professionally. **Details:**

Monday, May 15 | 9:00am-10:30am  
Coronado Room, Calvin Good Building, 10 Floor

PHXYou Registration: WIL301-ILT-NetworkPHX: Network Now 2023. To learn more, visit [here](#).

## COOL VOLUNTEERS NEEDED



Phoenix Rising FC would like to personally invite all employees and families of the **City of Phoenix LGBTQ Employee Alliance** to the Pride Night match on June 10 versus Oakland Roots SC!

This offer is open to all employees of the City of Phoenix and their family members! If you have any questions, please contact [joshua@phxrisingfc.com](mailto:joshua@phxrisingfc.com) or call (602) 900-0885.

Tickets are available in two sections and are \$15 each! Your ticket is good for the light rail to get to the game as well!

Click here to buy your tickets [here](#).



## COURSES BACK ON PHXYOU

Emotional Intelligence 2.0 (EQ 2.0) and Supervision 101 are back on PHXYou!

EQ 2.0 is designed to help understand and practice each of the eight emotional intelligence competencies: self-awareness, self-esteem, self-motivation, self-regulation, social awareness, empathy, social motivation, and social management. EQ 2.0 helps develop interpersonal and problem-solving skills in every interaction and in any circumstance. [Sign up for EQ 2.0. on PHXYou.](#)

Supervision 101 is designed to help ease the transition for those who are new to supervision or those trying to decide if supervision is right for them. In this session, you will discuss the various roles of a supervisor, identify solutions to transitioning challenges, and describe the new responsibilities of the role. [Sign up for Supervision 101 on PHXYou.](#)

