

# Phoenix.gov/Summer Summer Safety

In May, June, and July, look for important Summer Safety information in your Phoenix at Your Service resident newsletter. Learn more: [Phoenix.gov/Summer](https://Phoenix.gov/Summer)

## Excessive Heat Awareness & Safety

Heat watches and warnings are issued by the National Weather Service (@NWSPPhoenix 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 Stroke and Heat Exhaustion (see graphic below).
- When outdoors, drink water regularly throughout the day, even when you are not thirsty. Avoid sugary drinks, alcohol, and caffeine.
- Take frequent breaks and wear light-colored clothing, wide-brimmed hats.
- Regularly apply sunscreen to exposed skin. CDC recommends a minimum of SPF 15 or higher.

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

## Receive a Wellness Check by a Cool Caller

Are you worried your neighbor, grandparents, or friends are not staying cool in the summer? Our **Cool Callers** volunteers can offer wellness checks 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 their homes are cool and safe. To sign up for free wellness calls, visit [Phoenix.gov/Heat](https://Phoenix.gov/Heat).

## Renters' Rights

Everyone has the right to a safe indoor temperature in their home. Phoenix requires landlords to maintain **82°** or cooler for units with air conditioning, or **86°** or cooler for evaporative coolers. To learn more about your rights or report a violation, call 602-262-7210.

## Avoiding the Heat

Even when an excessive heat day is not in effect, the summer weather can still be dangerous. If you need to be outdoors, try to be done by 9 a.m. or wait until after 6 p.m. To stay cool and keep hydrated, the Heat Relief Network offers free water and indoor locations throughout Phoenix to cool off for anyone needing to get out of the heat. Find a location near you: [Phoenix.gov/Summer](https://Phoenix.gov/Summer).

HEAT EXHAUSTION	VS	HEAT STROKE
<ul style="list-style-type: none"> <li>Faint/Dizzy</li> <li>Rapid/Weak Pulse</li> <li>Excessive Sweating</li> <li>Cool/Pale/Clammy</li> </ul>		<ul style="list-style-type: none"> <li>May Lose Consciousness</li> <li>Rapid/Strong Pulse</li> <li>No Sweating</li> <li>Body Temp. Above 103° Red/Hot/Dry</li> </ul>
<p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>→ Move to a cooler area</li> <li>→ Loosen clothing</li> <li>→ Sip cool water</li> <li>→ Seek medical help if symptoms don't improve</li> </ul>		<p><b>CALL 9-1-1</b></p> <p><b>ACT FAST</b></p> <ul style="list-style-type: none"> <li>→ Move person to cool shaded area</li> <li>→ Loosen clothing &amp; remove extra layers</li> <li>→ Cool with water or ice</li> </ul>

 **HeatReadyPHX**  
OFFICE OF HEAT RESPONSE AND MITIGATION



## Summer Swim Season at City Pools

City of Phoenix pools will OPEN on Memorial Day Weekend! This summer, 12 pools will be open all summer long, and 6 pools will be open for a limited time in June and July. Find a pool near you at [Phoenix.gov/Pools](https://Phoenix.gov/Pools).

## IMPORTANT WEATHER-RELATED CONTACTS

Life-threatening emergencies	911	Report power outage APS	855-688-2437
Non-emergency police assistance	602-262-6151	Report power outage SRP	602-236-8811
Report traffic signal outages (24/7)	602-262-6021	American Red Cross	800-842-7349
Report storm debris in street or streets maintenance issues (24/7)	602-262-6441	Heat Relief Network	602-677-6055

## #PHXSummer

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