

# 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 (@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 Stroke and Heat Exhaustion (see graphic below). consult your healthcare provider on your heat risk!
- When outdoors, drink water regularly throughout the day, even when you are not thirsty. Avoid sugary drinks, alcohol, and caffeine.
- If you take medications regularly or have an existing medical condition
- Take frequent breaks and wear light-colored clothing and wide-brimmed hats.
- Regularly apply sunscreen to exposed skin. CDC recommends a minimum of SPF 15 or higher.

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

### HEAT EXHAUSTION

**ACT FAST**

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

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### HEAT STROKE

**ACT FAST**

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

OFFICE OF HEAT RESPONSE AND MITIGATION



## Stay Cool at PHX Pools

City of Phoenix pools will OPEN on Memorial Day Weekend! This summer, 16 pools will be open all summer long, and two 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).

## Phoenix Cooling Ordinance

Everyone has the right to a safe indoor temperature in their home. The Phoenix Cooling Ordinance requires landlords to maintain a temperature of 82° or cooler for housing units with air conditioning, or 86° or cooler for evaporative coolers.

Learn more about the Cooling Ordinance and your rights under the Arizona Residential Landlord and Tenant Act by contacting the Human Services Department's Landlord & Tenant Program at 602-262-7210 or by emailing [landlord.tenant.hsd@phoenix.gov](mailto:landlord.tenant.hsd@phoenix.gov).

## Avoiding the Heat

Even when an excessive heat warning 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 cooling center locations throughout the city and some with extended hours to cool off for anyone needing to get out of the heat. If you need a ride to a cooling center, call 2-1-1. Find a location near you: [Phoenix.gov/Summer](https://Phoenix.gov/Summer).

## IMPORTANT WEATHER-RELATED CONTACTS

Life-threatening emergencies	9-1-1	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	602-677-6087
		Get a Ride to a Cooling Center	2-1-1

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