National Weather Service Tucson has issued an **Excessive Heat Watch** in effect from **Thursday, June 9, 2022 through Sunday, June 12, 2022**.

Expected heat is NOT typical desert heat. Individuals can expect, 4 straight days of extreme heat with no significant cooldown overnight.

**DANGEROUS HEAT THIS WEEK**

**TUCSON**

- **DAILY RECORDS**
  - Monday: 111°
  - Tuesday: 109°
  - Wednesday: 111°
  - Thursday: 110°
  - Friday: 110°
  - Saturday: 109°
  - Sunday: 109°

- **FORECAST HIGHS**
  - Monday: 102°
  - Tuesday: 104°
  - Wednesday: 106°
  - Thursday: 107°
  - Friday: 107°
  - Saturday: 109°
  - Sunday: 109°

**EXCESSIVE HEAT WATCH**

- **Hydrate & protect!**
- **Look before you lock!**

**NOT YOUR TYPICAL DESERT HEAT**

Why this week’s extreme heat is different than a normal day in the desert.

**Hottest temperatures so far this year are expected**

**No significant cooldown overnight**

**4 STRAIGHT DAYS OF EXTREME HEAT**

Watch, Warning and Advisory Valid: 06/09/2022 18:00 AM - 06/12/2022 07:00 PM MST

**IN THE EVENT OF AN EMERGENCY ALWAYS CALL 911!**
Extreme Heat causes more deaths each year than hurricanes, lightning, tornadoes, earthquakes, and floods combined.

Don’t get caught unprepared!

- Avoid outdoor activities during the hottest part of the day.
- Learn to recognize heat illness. Heat stroke is an emergency CALL 911!
- Drink PLENTY of water!
- Eat and dress light.
- Take frequent breaks in A/C.
- Never leave a child or pet in the car for ANY period of time.

Heat Exhaustion:

Symptoms include: Dizziness, Thirst, Heavy Sweating, Nausea, Weakness.

What to do: Move to a cooler area, Loosen clothing, Sip cool water, Seek medical help if symptoms don’t improve.

Heat Exhaustion can lead to heat stroke.

Heat Stroke:

Symptoms include: Confusion, Dizziness, individual becomes unconscious.

What to do: Move person to a cooler area, Loosen clothing and remove extra layers, Cool with water or ice.

Heat Stroke can cause death or permanent disability if emergency treatment is not given.

IN THE EVENT OF AN EMERGENCY ALWAYS CALL 911!