



TOHONO O'ODHAM NATION  
DEPARTMENT OF PUBLIC SAFETY  
OFFICE OF EMERGENCY MANAGEMENT



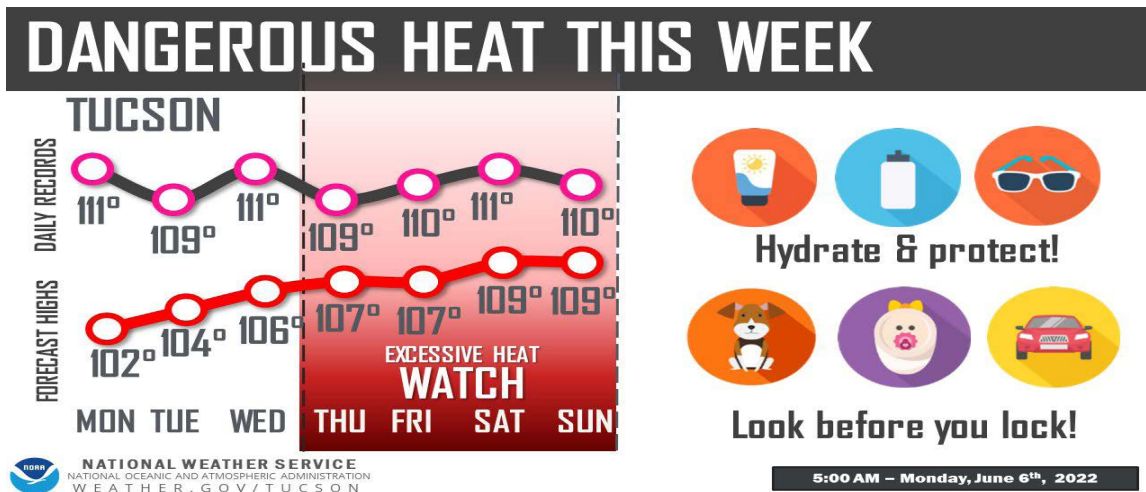
**PUBLIC SERVICE ANNOUNCEMENT**

**Excessive Heat Watch**

Tuesday, June 7, 2022

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.



**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

**EXCESSIVE HEAT WATCH IN EFFECT THURSDAY THRU SUNDAY**

4 STRAIGHT DAYS OF EXTREME HEAT

5AM - Mon, June 6th, 2022



**IN THE EVENT OF AN EMERGENCY ALWAYS CALL 911!**





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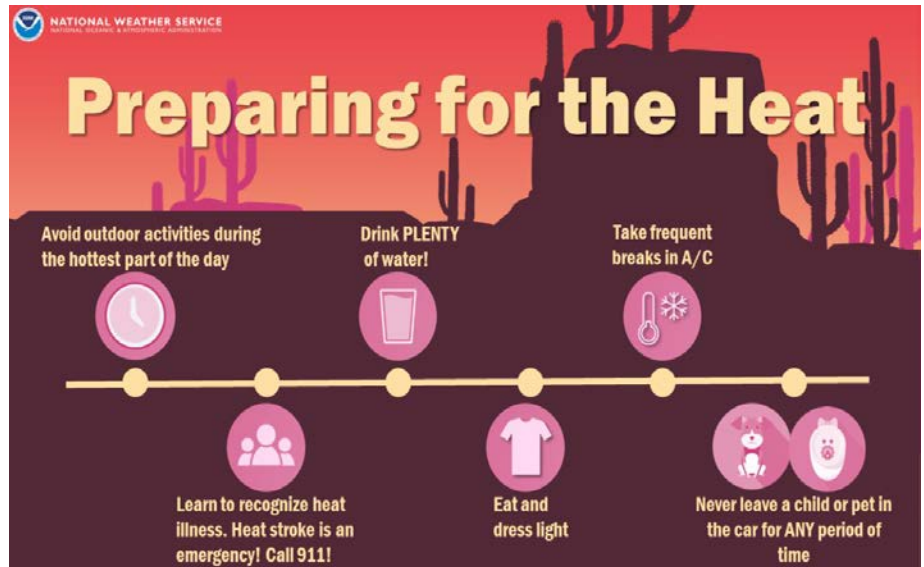
**Summer Heat Safety**

Tuesday, June 7, 2022

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	Heat Stroke
<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>ACT FAST</b></p> <p><b>CALL 911</b></p> <ul style="list-style-type: none"> <li>• Move person to a cooler area</li> <li>• Loosen clothing and remove extra layers</li> <li>• Cool with water or ice</li> </ul>
<p><i>Dizziness</i></p> <p><i>Thirst</i></p> <p><i>Heavy Sweating</i></p> <p><i>Nausea</i></p> <p><i>Weakness</i></p>	<p><i>Confusion</i></p> <p><i>Dizziness</i></p> <p><i>Becomes Unconscious</i></p>
<p><i>Heat exhaustion can lead to heat stroke.</i></p>	<p><i>Heat stroke can cause death or permanent disability if emergency treatment is not given.</i></p>
<p>Stay Cool, Stay Hydrated, Stay Informed!</p>	

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!**