



Weather Outlook



Heat Preparedness Tips:

For those GRIC Employees who work outdoors. Below are a few safety tips:

- Nationwide, the #1 weather related killer.
- Prolonged heat stresses the body.
- Stay inside in a cool ventilated place whenever possible.
- Restrict outdoor activities to early morning or evening.
- If you must be outside, wear loose-fitting, light clothing
- Drink plenty of water and take frequent breaks.
- Residents are encouraged to check on family members and elder neighbors.

Office of Emergency Management

Phone: 520.796.3755






gricready.com
gricready.org

Date: June 18, 2018

The storm system that brought rain & cooler temperatures has left the Community. It's time to get back to the typical June weather which is **hot** & dry. Expect dry conditions for your Monday with a high of 100 degrees.

We will see extreme heat again by the end of the week with temperatures around 110 degrees on Thursday and 111 degrees on Friday for the Community.

STAY COOL & STAY HYDRATED

Monday	Tuesday	Wednesday	Thursday	Friday
				
Sunny High: 100° Low: 71°	Sunny High: 102° Low: 73°	Sunny High: 106° Low: 75°	Sunny High: 110° Low: 78°	Sunny High: 111° Low: 78°

BE A BUDDY and recognize heat illness in others.

HEAT CRAMPS

Often the first sign that your body can't handle the heat. These muscle cramps usually affect the legs, arms, or abdomen.

HEAT EXHAUSTION

Can come on gradually (possibly over several days). Symptoms may include skin that is cool, moist, and pale; dizziness, nausea, fainting, headache, and muscle cramps. People with heat exhaustion may also develop fast, shallow breathing and a rapid, weak pulse.

HEAT STROKE

Medical Emergency! The body's systems for cooling itself are shutting down, and body temperature can rise to 106 degrees. Look for: Red, hot, dry skin - rapid, strong pulse - throbbing headache - dizziness - nausea - confusion - unconsciousness.



TIPS - avoiding heat illness



Air conditioning
Use air conditioning or cool showers to keep your body cool. If you don't have air conditioning, call your public health department to find out if there's a heat-relief shelter in your area.



Fluids
Drink plenty of fluids. When you're well-hydrated your urine should be very light or clear. This is especially important when you're active.



Planning
Schedule outdoor activities during the coolest parts of the day, usually mornings and evenings.



Clothing
Wear lightweight, light-colored, and loose-fitting clothing.



Caffeine or alcohol
Avoid caffeine and alcohol. They can both dehydrate you.



Summer extras
When outside, wear a hat or visor, sunglasses, and sunscreen.

The OEM Duty Phone 520-610-8120 is available for emergency support purposes only!