



# TOHONO O'ODHAM NATION UNIFIED COMMAND

## PUBLIC SERVICE ANNOUNCEMENT

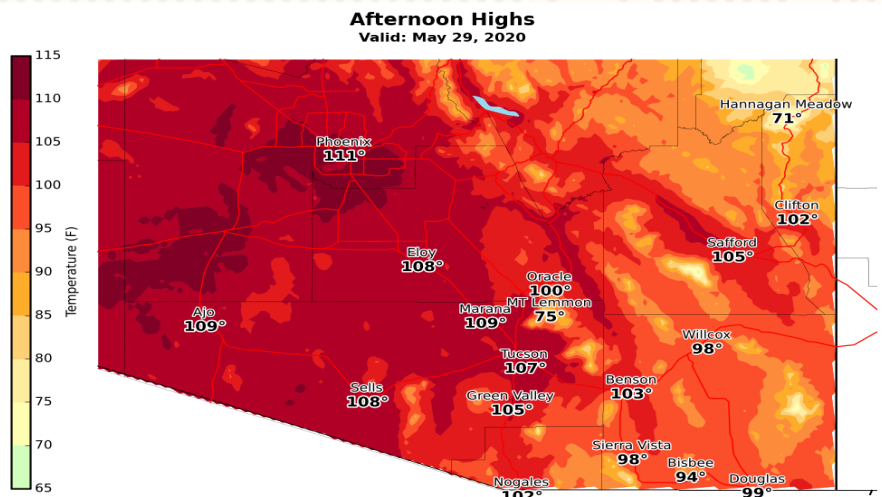
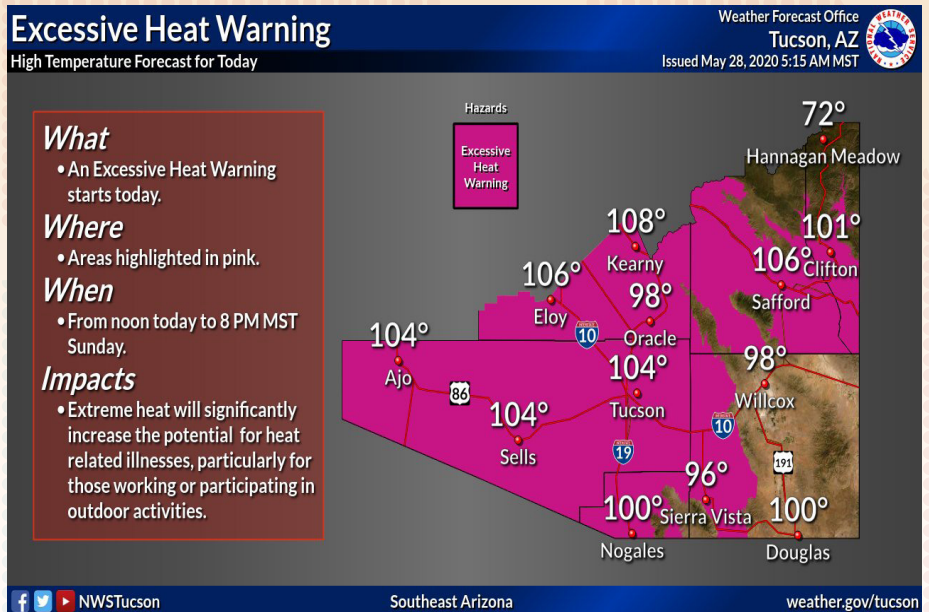
The National Weather Service in Tucson has issued an **Excessive Heat Warning** for Southern Arizona, this includes the Tohono O'odham Nation, San Xavier District, San Lucy District, Florence Village, and West Valley; effective starting **Thursday, May 28, 2020 through Sunday, May 31, 2020**; with expected high temperatures of 103-110 degrees Fahrenheit.

Impacts are expected to be an increase in heat related illnesses, including heat cramps, heat exhaustion and heat stroke. Heat stroke can lead to death.

In order to prevent overwhelming the health care system, especially Tohono O'odham Nation Health Care during the COVID-19 pandemic, it is important to take extra precautions to prevent the impacts of heat related illnesses.

### Heat Safety Tips

- Wear appropriate light-colored, lightweight loose-fitted clothing
- Limit outdoor activities to early morning & evening hours whenever possible.
- Stay inside a cool ventilated place whenever possible.
- Check on young, elderly, and those with health conditions.
- Know the warning signs of heat related illness.
- Drink Plenty of water and take frequent breaks.
- Do NOT leave children, elderly, or pets inside vehicles.
- Heat stroke is an emergency - CALL 911!



National Weather Service  
Tucson Arizona  
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