



# Think Heat Safe!

During Arizona's hot weather:

**Stay hydrated** and keep water with you at all times.

**Avoid peak heat** from 2 p.m. to 5 p.m. Plan activities earlier in the morning and later at night.

**Make a heat relief plan** with your doctor or care team.

**Get help** if your air conditioning is out. Utilities and local organizations have programs.

**Get help** if you are struggling to pay your electric bill. There are utility and community assistance programs.

**Stay cool** at home, a local cooling center, or with friends and family.

**Never** leave a child or an animal alone in a hot car.

Go to [mercyar.es/heatsafe](https://mercyar.es/heatsafe) or scan the QR code for cooling center locations and more resources.

