

# Recognize Signs of Heat Illness

Heat Exhaustion	Heat Stroke
Faint or dizzy Excessive sweating	Throbbing headache No sweating
Cool, pale, clammy skin Nausea or vomiting Rapid, weak pulse Muscle cramps	Body temperature above 103° Red, hot, dry skin Nausea or vomiting Rapid, strong pulse May lose consciousness
<ul style="list-style-type: none"><li>• Get to a cooler, air conditioned place</li><li>• Drink water if fully conscious</li><li>• Take a cool shower or use cold compresses</li></ul>	<b>Call 9-1-1</b> Take immediate action to cool the person until help arrives

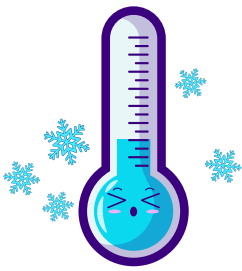
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Turn over to find a local cooling center.





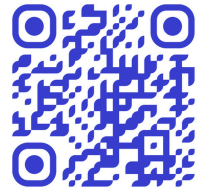
# How to find a cooling center near you:

Call 211 if you need help finding or getting to heat relief site.



## Maricopa County

To find a cooling center, respite center, or hydration station near you, visit the Maricopa Association of Governments Heat Relief Network Interactive Map at [hrn.azmag.gov](http://hrn.azmag.gov)



## Gila County

To find a cooling station near you, visit the Gila County Health & Emergency Management Heat Shelter Map at [bit.ly/4fwGFBp](http://bit.ly/4fwGFBp)  
On their map, you will find cooling stations in Globe, Payson, Hayden, Pine, Miami, Tonto Basin, San Carlos, and Young.



## Pima County

To find a cooling center, respite center, hydration station, public pool, or splash pad near you, visit the Pima County Cooling Centers Map at [www.pima.gov/2307/Cooling-Centers](http://www.pima.gov/2307/Cooling-Centers)



## Pinal County

To find a hydration or cooling station near you, visit the Pinal County Coalition to End Homelessness Hydration & Heat Relief Map at [pcceh.com/hydration-and-heat-relief/](http://pcceh.com/hydration-and-heat-relief/)



## Yuma County

To find a cooling center or water site near you, visit the Yuma County Cooling & Water Sites Map at [bit.ly/3A4Kfm9](http://bit.ly/3A4Kfm9)



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