

Arizona Heat Awareness Week is May 6-10

Ahead of **Arizona Heat Awareness Week May 6-10**, leaders across the state are joining together to make sure you stay safe!

Heat is the number one weather-related killer, not just in Arizona but across the nation. According to the National Weather Service, heat kills more people than tornadoes, floods, hurricanes, earthquakes, and lightning combined.

Hydration is a crucial component of keeping yourself healthy as temperatures soar. The National Weather Service recommends that you drink at least 32 ounces of water every hour.

Both Maricopa and Pinal counties have heat relief stations where anyone can get bottled water and seek refuge from the heat. For a map of locations, [click here](#). <https://hrn.azmag.gov/#/ma> as of this writing there are no heat relief stations in the City of Maricopa

Summer is already shaping up to be historically hot, increasing the chances this year will be Earth's warmest on record. The extreme weather is raising concerns about power grid failures and exposure to dangerous heat.

According to the National Weather Service the criteria for excessive heat warnings has dropped two degrees from 115+ to 113+.

Previously forecast heat index values needed to reach 110-114 for at least two hours for a heat advisory to be issued.

Moving forward, the required forecast heat index values are now 108-112.

The National Weather Service also issues **Heat Advisories** within 12 hours of the start of extremely dangerous heat conditions

Excessive Heat Watches are issued when conditions are favorable for excessive heat within two to seven days. These watches are meant to give you a heads up that dangerously hot temperatures are on the way and you should consider adjusting your outdoor plans:

Excessive Heat Warnings are issued when an excessive heat event is occurring or is imminent. These warnings indicate that temperatures will soar to levels that could be deadly. For the complete article go to: [Heat advisory and warning criteria changes for the Midlands \(msn.com\)](#)

Consider planning your schedule so that you're getting outdoor activities done early in the morning when it's cooler. Also, make sure that you have plenty of water ready to go.

It's important that you're taking precautions to avoid heat illness throughout our hot summer months, especially when any of these alerts are issued.

Remember to limit your time in the sun, especially between the hours of 10 a.m. and 6 p.m.

For more information go to: https://www.newsbreak.com/news/3425201855776-excessive-heat-everything-you-need-to-know-to-stay-safe-ahead-of-arizona-heat-awareness-week? f=app_shar

The following article provides information and suggestions on how to lower those electric bills when the temperatures reach triple digits.

<https://www.msn.com/en-us/weather/topstories/don-t-crank-down-your-thermostat-when-it-s-hot-out-do-this-instead/ar-AA1dF0vt?ocid=msedgntp>

