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## GLENDALE REMINDS RESIDENTS TO PROTECT THEMSELVES FROM THE HEAT WITH “OPERATION SAFE SUMMER” CAMPAIGN

**Glendale, Ariz.**— With above average temperatures across the Valley of the Sun this month, the city of Glendale wants to remind residents to stay safe and protect themselves from the potentially deadly heat, that will continue into the summer months.

According to the National Weather Service, the Phoenix area averages 110 days of temperatures above 100 degrees per year. High daytime temperatures, coupled with high nighttime temperatures, make this time of year very dangerous. July is typically the most deadly month in Arizona when it comes to heat-related deaths. The high night temperatures do not allow for the body to cool down and can result in more people being at risk for dehydration, heat exhaustion and heat stroke.

Important information to keep in mind this time of year to avoid heat-related illness:

- Increase fluid intake, regardless of activity level. Staying hydrated is extremely important.
- Limit exercise or outdoor activity between the hours of 11 a.m. and 3 p.m.
- When outdoors, wear a sunscreen with a minimum SPF 15 and reapply often.
- Wear a hat, lightweight clothing and sunglasses.
- Rest frequently in shady or cool areas to give the body's temperature a chance to recover and cool down.
- Never leave infants, children or pets inside a parked vehicle.
- Check on elderly neighbors to make sure their air conditioning is working and in use.
- Take advantage of free air-conditioned spaces by visiting shopping malls, libraries, or other heat refuge locations.

This is especially important for hiking enthusiasts who may be out at Thunderbird Conservation Park or other Glendale trails; heat-related tips specific to hiking include:

- Make sure to drink 1-2 liters of water per hour while hiking (a liter is average size of a large soda bottle, or roughly 34 ounces.) The body can lose 2-4 liters of water when active during high temps.
- When half of your water is gone, it's time to turn around and go back.
- Choose a trail that is within your ability. Check out the trail rating system online:  
[www.glendaleaz.com/parksandrecreation/trails](http://www.glendaleaz.com/parksandrecreation/trails).

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## Heat Safety/Add 1.1.1

The public education campaign will include some upcoming activities, which include:

- **Surviving the Summer:** June 2, 6:30 - 8:30 p.m., at Westgate Entertainment District, 6770 N. Sunrise Blvd. Held in the shopping center's Fountain Park, this free event will feature a variety of agencies and vendors to educate residents on water and sun safety and much more.
- **Donations of bottled water needed!** Glendale Fire Department is teaming up again this year with Visit Glendale to collect bottled water donations for distribution through Heat Relief Stations to the most vulnerable populations in the region to stay hydrated and healthy. Donated water will be accepted 10 a.m.-5 p.m., Monday through Saturday, at the Glendale Visitor Center, Suite 140, 5800 W. Glenn Dr., and at all Glendale Fire Department stations.

Donated water will be distributed through Maricopa Association of Government's (MAG) Heat Relief Regional Network, to the most vulnerable populations in the region to stay hydrated and healthy. MAG's program offers both **hydration stations and refuge locations** throughout Maricopa County, including the following sites in Glendale:

- Glendale Main Library  
5959 W. Brown St., Glendale, AZ 85302  
Hours (excepting holidays): Monday/Wednesday 1-8 p.m.  
Tuesday/Thursday 10 a.m.-8 p.m., Saturday 12-5 p.m., Sunday 1-5 p.m.
- Foothills Branch Library  
19055 N. 57th Ave., Glendale, AZ 85308  
Hours (excepting holidays): Monday 1-8 p.m., Tuesday/Wednesday 10 a.m.-8 p.m., Friday 1-5 p.m., Saturday 12-5 p.m.
- Velma Teague Branch Library  
7010 N. 58th Ave., Glendale, AZ 85301  
Hours (excepting holidays): Monday/Thursday 1-8 p.m., Tuesday/Wednesday 10 a.m.-6 p.m., Saturday 1 a.m.-3 p.m.
- Community Action Program Office  
5850 W. Glendale Ave., Ste. B51, Glendale, AZ 85301  
Hours (excepting holidays): Monday-Friday 8 a.m.-5 p.m.
- Foothills Recreation and Aquatics Center  
5600 W. Union Hills Dr., Glendale, AZ 85308  
Hours (excepting holidays): Monday-Friday 5:30 a.m.-9 p.m., Saturday 7 a.m.-7 p.m., Sunday 11 a.m.-4 p.m.  
Holiday Hours: 7 a.m.-7 p.m. (Memorial Day, Fourth of July, Labor Day)
- Glendale Adult Center  
5970 W. Brown St., Glendale, AZ 85302  
Hours (excepting holidays): Monday-Friday 8 a.m.-5 p.m.

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## Heat Safety/Add 2.2.2

- Glendale Parks Field Operations Office  
6210 W. Myrtle Ave., # 111, Building B, Glendale, AZ 85301  
Hours (excepting holidays): Monday-Friday 8 a.m.-5 p.m.
- Glendale Community Housing Office  
(Hydration Only Station)  
6842 N. 61st Ave., Glendale, AZ 85301  
Hours (excepting holidays): Monday-Friday 8 a.m.-5 p.m.

The ultimate goal of the multi-agency MAG Heat Relief Network is to prevent heat-related deaths in Maricopa County. Those affected by the heat can find bottled water and a cool place to find a shelter.

The MAG Heat Relief Network program was launched following the deaths of more than 30 people over the summer of 2005, including the homeless and those living in homes without air conditioning. It now includes assistance sites countywide. Last summer, Heat Relief Network partners provided more than 100 hydration station locations throughout Maricopa County offering water and refuge for people needing heat relief help.

MAG's Heat Relief Network program offers water bottle collection sites, hydration stations and refuge locations throughout Maricopa County. For more information on this program, visit

<http://www.azmag.gov/heatrelief>.

### Employees to lend a helping hand

Throughout the summer, Glendale Parks employees will be providing mobile hydration assistance for people needing water. On days that the National Weather Service issues an extreme heat advisory, Glendale Park Ranger and maintenance vehicles are loaded up with coolers filled with ice-downed water bottles to hand out to people in need when encountered in city parks.

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