



Yuma County Sheriff's Office

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PRESS RELEASE

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FOR IMMEDIATE RELEASE
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Heat Warning

Location of Incident: Yuma, AZ

With dangerously hot temperatures underway, the Yuma County Sheriff's Office would like to remind everyone that no matter your age or how long you've lived in Yuma, none of us are immune to heat exhaustion. We encourage our community to never leave children or pets unattended in vehicles, to stay hydrated, and to check on your elderly neighbors.

To prevent heat-associated illnesses, follow these safety tips:

- Drink water before you get thirsty to prevent dehydration
- Don't rely on fans as your primary source of cooling once the temperature gets higher than 90 degrees
- Come indoors frequently to an air-conditioned location to cool your core body temperature
- Wear lightweight clothes
- Seek medical care immediately if you have, or someone you know has, symptoms of heat-associated illnesses like muscle cramps, headaches, vomiting, confusion, no longer sweating, and rapid heart rate

If you find yourself in need of water or a cool resting area please visit or download the Yuma County Water and Cooling Site Map at <https://www.yumacountyaz.gov/home/showpublisheddocument/46557>.

We would also like to take this moment to remind the public of the "Are You OK?" program which is available to all senior citizens and disabled persons living anywhere in Yuma County. The "Are You OK?" program is a FREE telephone reassurance service provided by the YCSO that ensures daily contact with subscribers that live alone and may not have a family member living locally that can check on them every day. If you or someone you know would benefit from daily contact with the Yuma County Sheriff's Office, or for more information, please contact the Volunteer Coordinator at (928) 819-2212 or visit <https://www.yumacountysheriff.org/services-ruok.html>.

Information Released By: Tania Pavlak, Public Affairs Specialist