



RCBH/SLWIC Community Response to Extreme Heat

2026 Rural and Public Health Policy
Forum

Why Heat Matters in Rural Arizona

Yuma County consistently ranks among the hottest regions in the U.S.

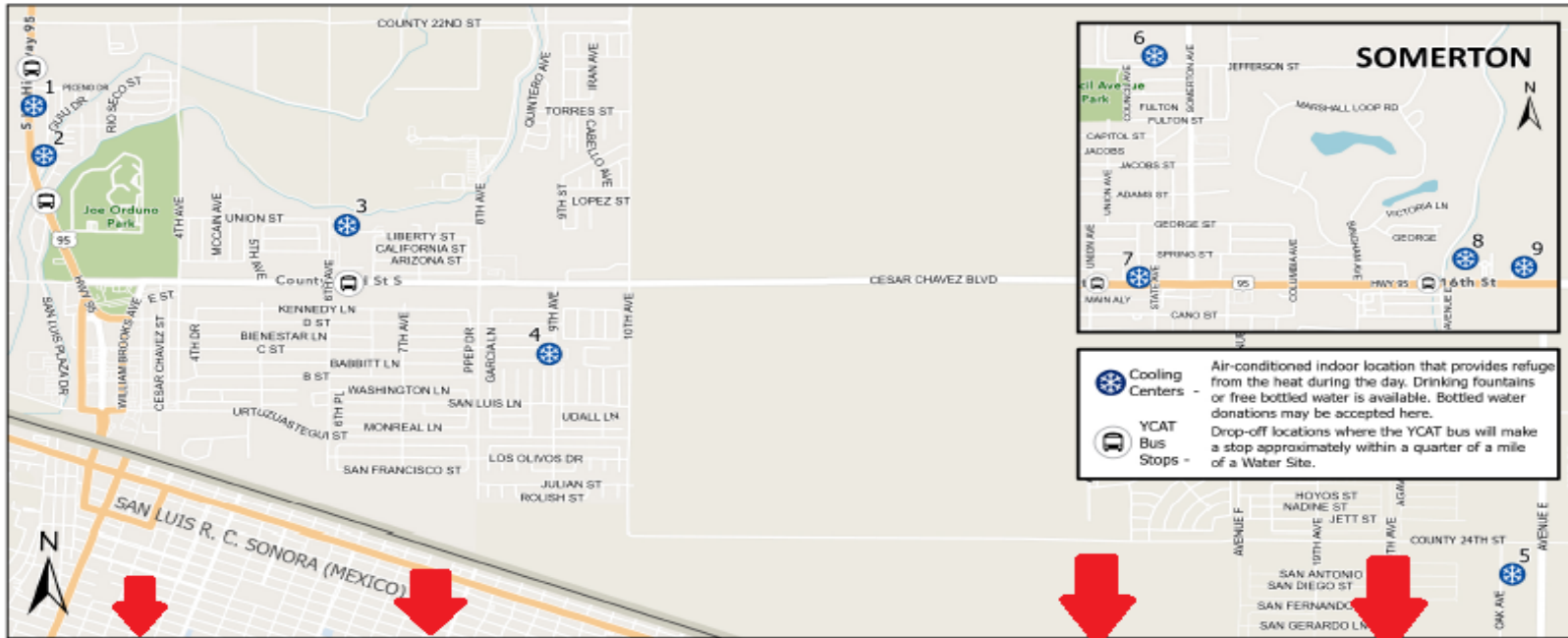
Rural communities face:

- Transportation barriers
- Housing insecurity
- Outdoor labor exposure
- High chronic disease burden



Regional Cooling Site Coverage-South Yuma County

2025 FREE COOLING CENTERS AND WATER SITES IN YUMA COUNTY SAN LUIS



1 Family Behavior Integrated Health Services

1453 S Main Street Suite#6 San Luis, AZ 85349
Open: Year Around
Hours: Monday - Friday 8:00am - 5:00pm
Closed: Weekends
Phone: 928-459-3508

2 San Luis Urgent Care

1233 S Main Street Suite#18 San Luis, AZ 85349
Open: Year Around
Hours: Monday - Saturday 9:00am - 9:00pm
Closed: Sundays
Phone: 928-366-5184

3 Yuma County San Luis Library Branch

1075 N 6th Avenue San Luis, AZ 85336
Open: Year Around
Hours: Tuesday - Thursday 9:00am - 7:00pm
// Friday - Saturday 9:00am - 5:00pm
Closed: Sundays and Mondays
Phone: 928-627-8344

4 San Luis Pediatric Center

1896 E Babbitt Lane San Luis, AZ 85349
Open: Year Around
Hours: Monday - Friday 7:00am - 6:00pm
Closed: Weekends
Phone: 928-722-6112

5 San Luis Medical Mall

151 S Oak Avenue San Luis, AZ 85349
Open: Year Around
Hours: Monday - Friday 7:00am - 6:00pm
Closed: Weekends
Phone: 928-662-0406

6 Yuma County Somerton Library Branch

240 W Canal Street Somerton, AZ 85350
Open: Year Around
Hours: Tuesday - Thursday 9:00am - 6:00pm
// Friday - Saturday 9:00am - 5:00pm
Closed: Sundays and Mondays
Phone: 928-627-2149

7 San Luis Walk-In Clinic

214 W Main Street Somerton, AZ 85350
Open: Year Around
Hours: Monday - Saturday 7:00am - 6:00pm
Closed: Sundays
Phone: 928-627-1120

8 San Luis Walk-In Clinic Inc.

950 E Main Street Building B Somerton, AZ 85350
Open: Year Around
Hours: Monday - Saturday 7:00am - 9:00pm
Closed: Sundays
Phone: 928-236-8001

9 Family Behavior Integrated Health Services

1130 E Main Street Somerton, AZ 85350
Open: Year Around
Hours: Monday - Friday 8:00am - 5:00pm
Closed: Weekends
Phone: 928-627-2017



SCAN ME

Scan here to access the interactive map and resources on heat safety and heat-illness prevention tips.

- These water distribution sites and cooling centers are not owned or operated by Yuma County Public Health Services. These sites are operating with their own resources for the health of the community.



RCBH sites serving as cooling locations include:

- San Luis
- Parker
- Lake Havasu
- Kingman



Expanding Cooling Access Across Rural Arizona



Cooling Sites in Action



Proactive Outreach to Vulnerable Patients

RCBH conducts monthly care coordination calls to vulnerable patients, including:

Patients with chronic disease (CHF, COPD, Diabetes)

Behavioral health conditions

Elderly patients living alone

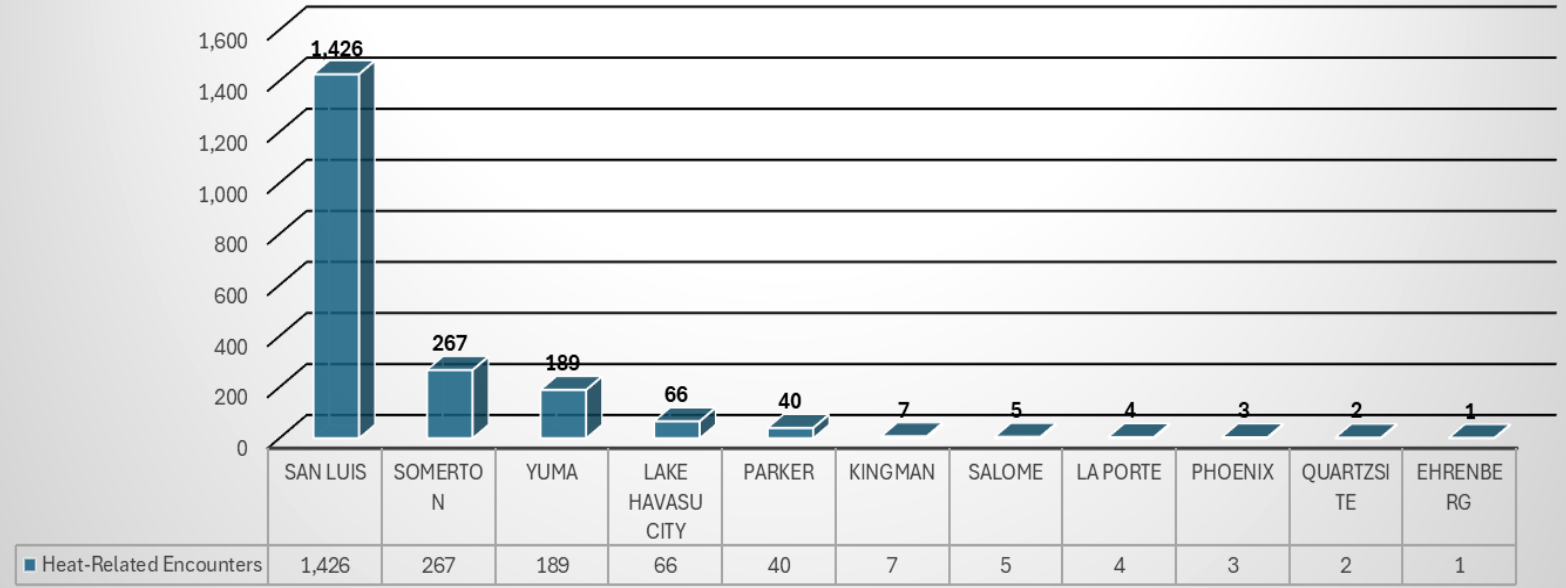
During heat season, calls include:

- Heat illness education
- Medication management review (diuretics, psych meds)
- Hydration counseling
- Transportation planning
- Emergency warning signs education





San Luis Walk-In Clinic, Inc. Heat-Related Encounters FY-24-25



Heat-Related Diagnoses Seen in RCBH Clinics & Urgent Care



What makes RCBH unique:

- ✓ RHC network
- ✓ Integrated behavioral health
- ✓ Care coordination infrastructure
- ✓ Community outreach teams
- ✓ Multi-county rural footprint

We don't just respond to heat —
We integrate prevention into primary care.

Heat Response Through Integrated Care



Thank you

Marisol Penuelas

928-315-7910

mpenuelas@rcfbh.org

www.slwic.org

Arizona's State Heat Response

Presented by | Jennifer Botsford
February 16, 2026

AZ Rural Health Policy Forum



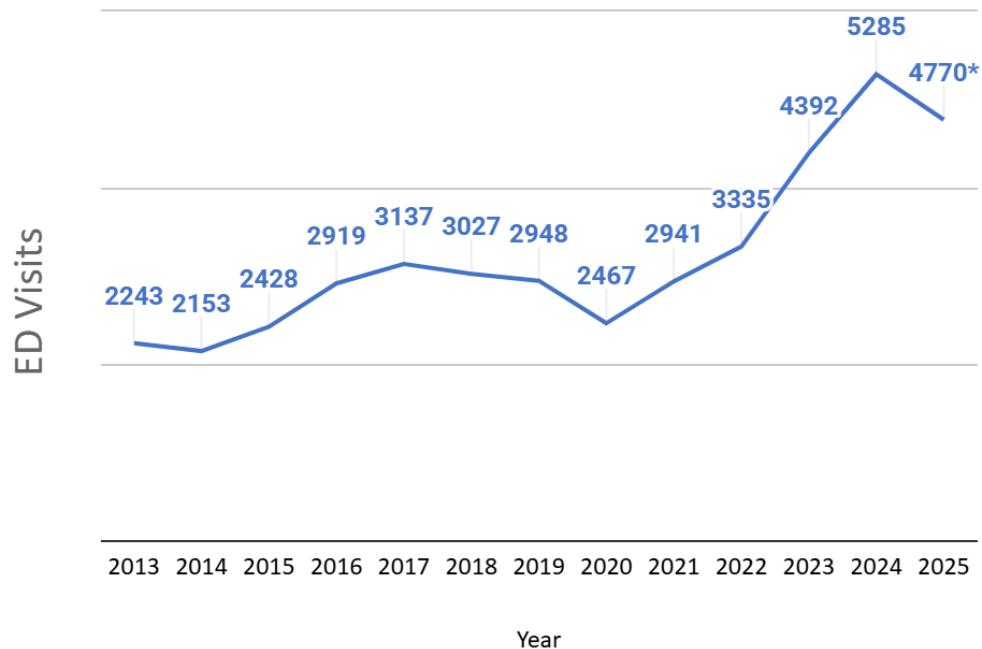
Operationalizing Arizona's Heat Strategy through:

data-driven tools | innovation | collaborations

Protecting Our
Communities:
Strategies for
extreme heat
resilience

The stakes: heat & health in Arizona

2025 Saw the first decline in ED visits since 2020



*Preliminary

- ★ **The Data:** Emergency room visits rising since 2020
- ★ **Vulnerable People:** outdoor workers, older/isolated adults, & kids
- ★ **The Burden:** Health, life, infrastructure & economic
 - Impacts from/on energy, housing, healthcare

Arizona's

Leading causes of death

2023

Includes Heat-Related Deaths

1. Heart disease
2. Cancer
3. Accidents
4. Chronic lower respiratory disease
5. Stroke
6. Alzheimer's disease
7. Diabetes
8. Suicide
9. Chronic liver disease/cirrhosis
10. Hypertension

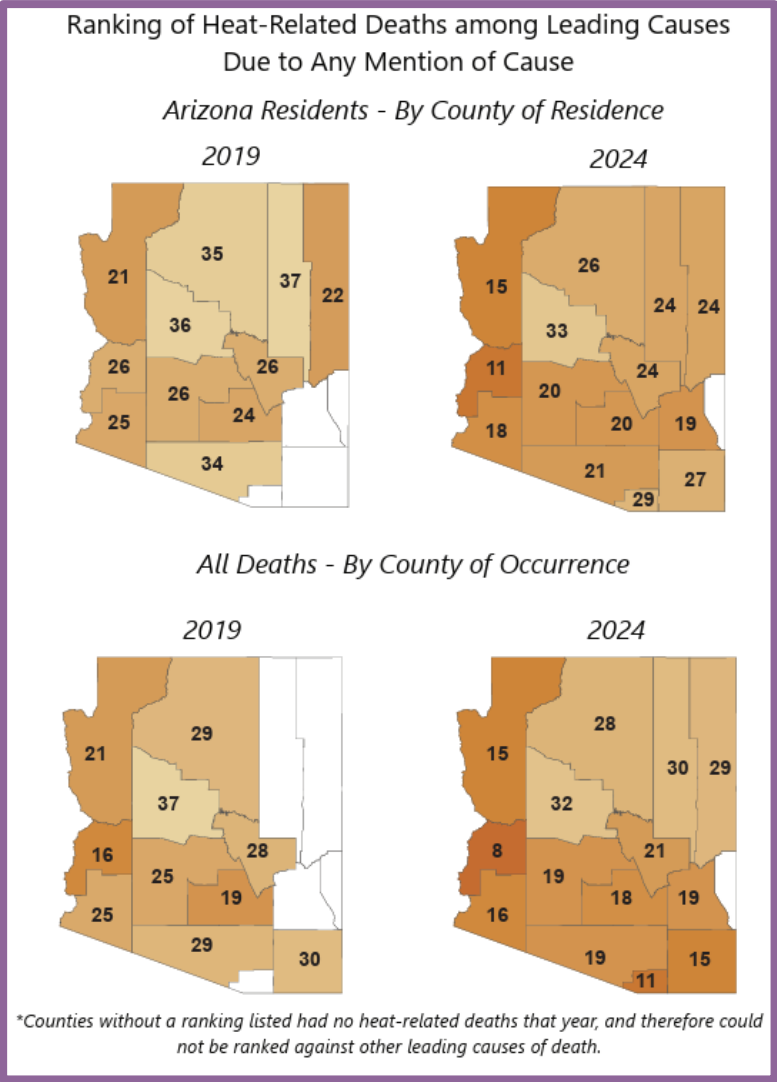
ADHS Vital Statistics

<https://pub.azdhs.gov/health-stats/report/ahs/ahs2023/pdf/2b1.pdf>

CDC

https://www.cdc.gov/nchs/state-stats/states/az.html#cdc_data_surveillance_section_3-leading-causes-of-death

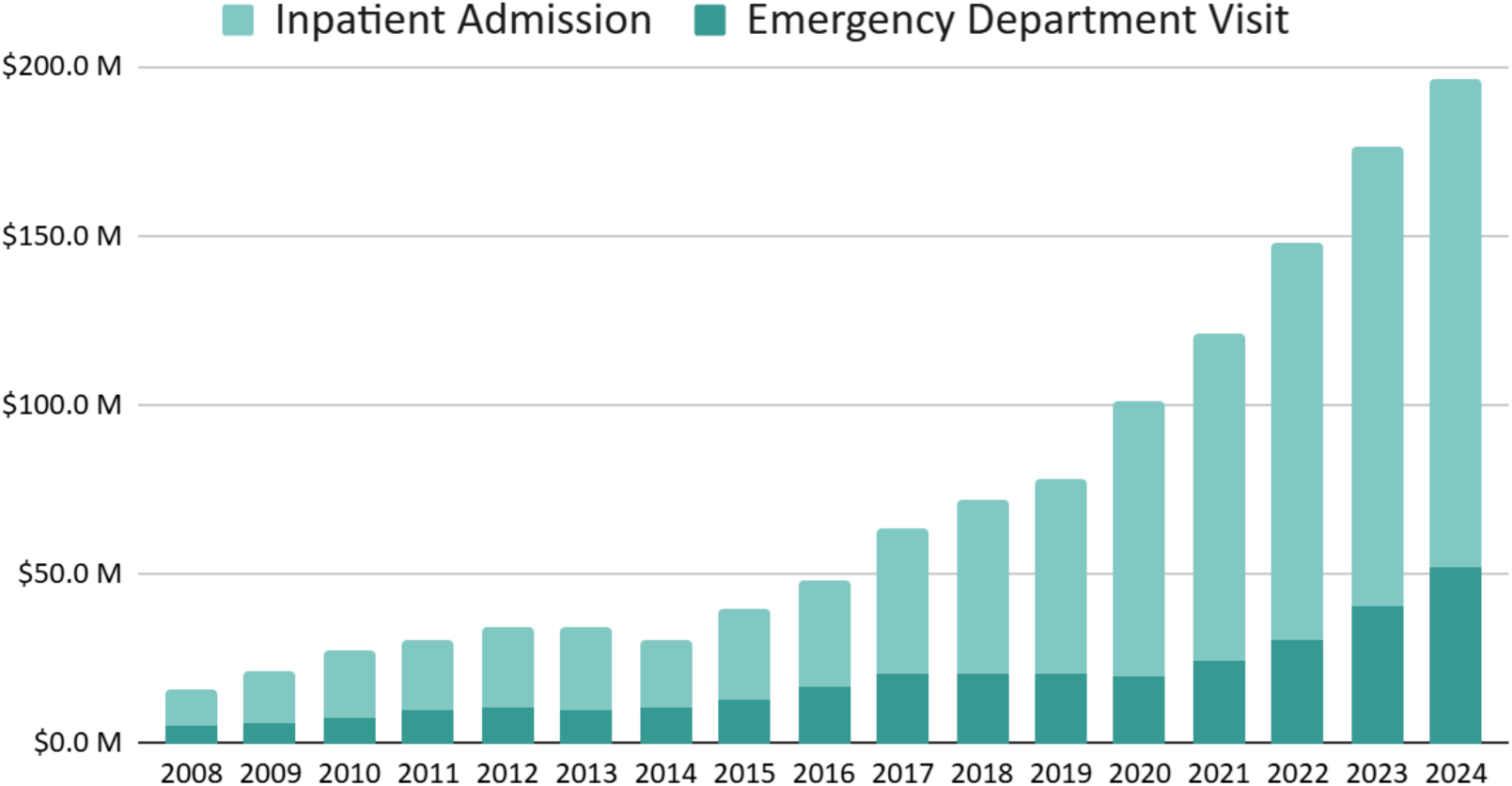
Heat is rising as a leading cause of death



Heat Deaths* Ranked as a Cause of Death		
	Number of Counties	
	2019	2024
Top 10	0	1
Top 20	2	8
Top 30	7	4
Top 40	1	1
Too few to rank	5	1

*Includes residents and non residents

Reported Hospital Costs: Emergency Department Visit & Inpatient Admission



Preventative Measures are needed to save lives and money

Economic Burden of Heat-Related Deaths in Arizona from 2018–2024
(Source: Arizona Department of Health Services)



The Most Common Comorbidities Amongst HRI ED Visits

1. Mental Disorders
2. Circulatory Disorders
3. Respiratory Disorders
4. Overweight / Obese



Governor's Extreme Heat Preparedness Plan

ARIZONA'S
**EXTREME
HEAT
PREPAREDNESS
PLAN**
MARCH 1, 2024

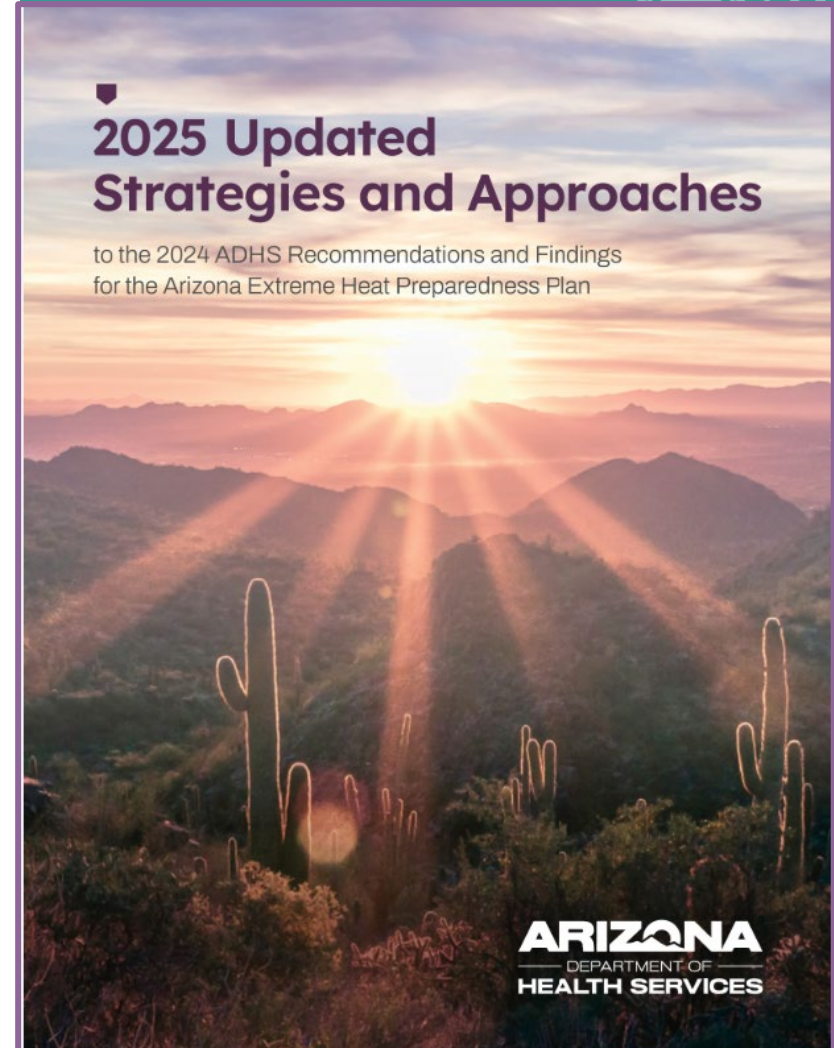
OFFICE OF THE GOVERNOR
KATIE HOBBS



- ★ Interagency Collaboration
- ★ State Chief Heat Officer
- ★ Statewide Coordination
- ★ Moving from reactive to proactive

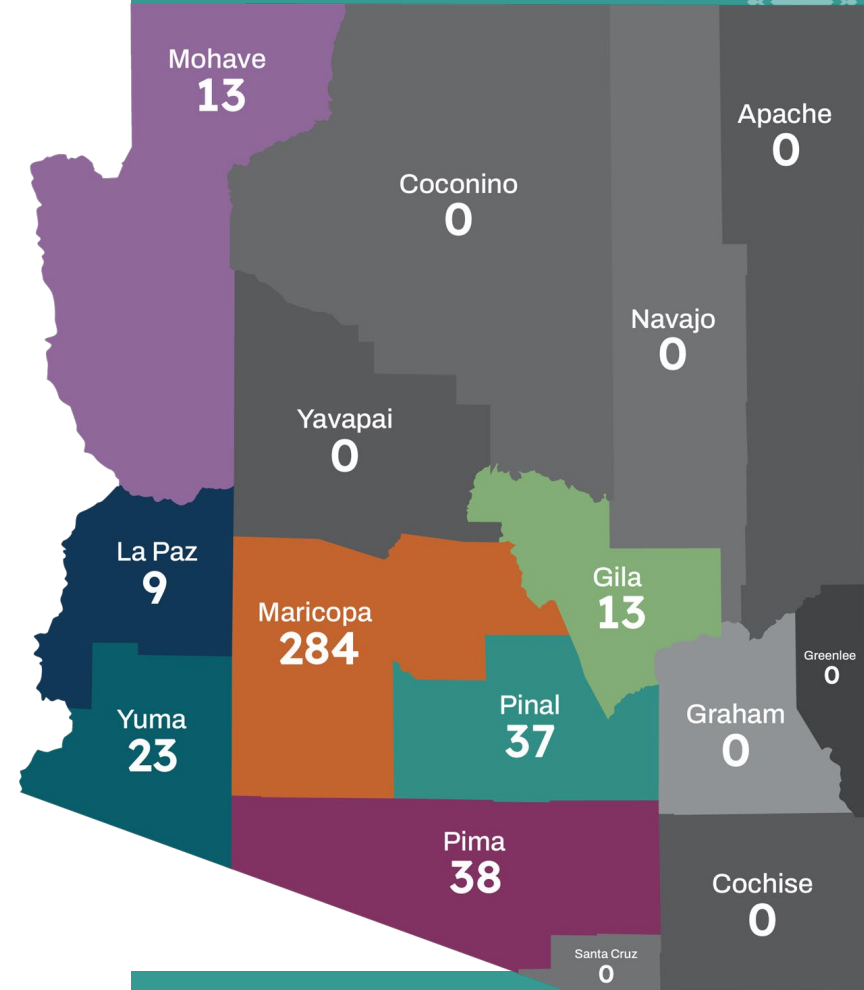
ADHS' 4 Overarching Goals

- ★ Driving Heat Relief Activities
- ★ Reducing Heat-Related Illnesses and Deaths
- ★ Preparing for Extreme Heat
- ★ Fostering Innovative Solutions



Highlights: Innovation

- ★ State Chief Heat Officer
- ★ Online Community - Civic Roundtable
- ★ Heat Tier Framework
- ★ Dashboards
- ★ Heat relief centers
 - Beyond Cooling
 - Cooltainer Project
- ★ Heat Relief Location Map



DATA SOURCE: Arizona Department of Health Services
Cooling Center Map

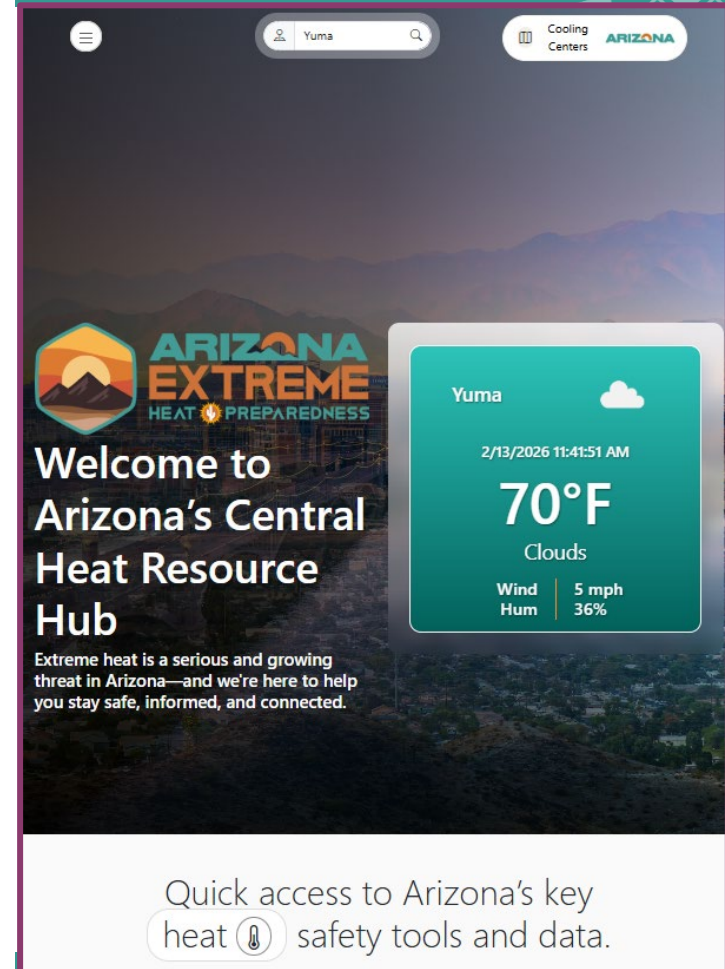
Dashboards & Notifications

National Weather Service - NWS

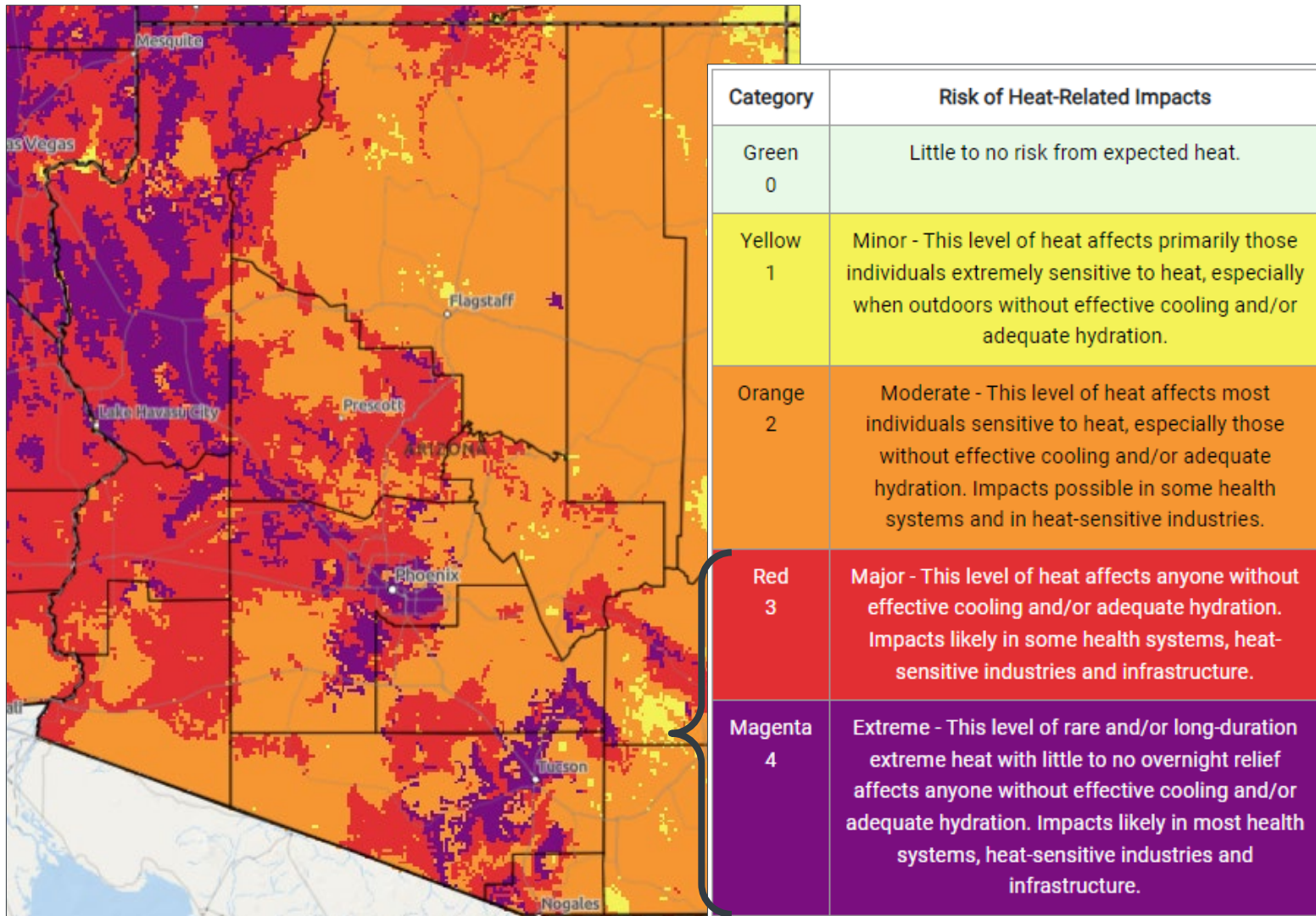
- ★ [HeatRisk](#)

ADHS

- ★ [Heat.AZ.gov](#)
- ★ [AZDHS.GOV/heat](#)
- ★ Heat Alerts - [Sign Up](#)
- ★ [Heat Tiers](#)
- ★ [Syndromic Surveillance](#)
- ★ [Heat Deaths](#)



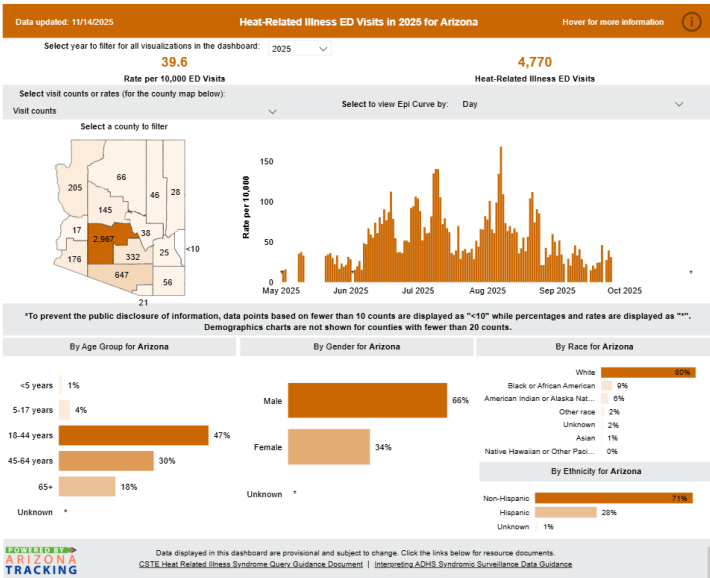
NOAA/NWS HeatRisk



- How unusual the heat is for the time of the year
- The duration of the heat including both daytime and nighttime temperatures
- Temperatures that pose an elevated risk of heat-related impacts based on data from the CDC

*Driver for **Extreme Heat Watches & Warnings***





Tier 0: Pre- & Post- Heat Season

October 1- April 30

Activities include:

- AZ Heat Planning Summit, Annual State Heat Workshop
- Heat Awareness Week and other educational campaigns and awareness
- Update heat resources, e.g. toolkits

Tier 1: Heat Season

May 1- September 30

Pre-posturing and providing life-saving assistance throughout the Arizona summer.

NWS Heat Risk 1 - 4.

Examples include:

- Opening heat relief centers (cooling centers, hydration stations, and respite centers)
- Heat Alerts
- Partner meetings
- Cooling center workgroups
- 211 assistance
- Social media campaigns
- Heat relief centers map
- Coordinate resources, e.g. Narcan, cooling towels, water
- Heat Illness Dashboard
- Free or reduced bus passes and/or rideshare vouchers (rural areas)

Tier 1A:

Cautionary Period

The NWS has issued an Excessive Heat Warning.

HeatRisk Values	Risk of Heat Effects	Level of Heat Concern
0	Little to None	Green
1	Minor	Yellow
2	Moderate	Orange
3	Major	Red
4	Extreme	Magenta

Generally, a Heat Watch is issued by the NWS when there is potential to reach a value of 3 or 4 in the next 2-7 days. A Heat Warning is issued by the NWS when the heat risk value will reach 3 or 4 within the next 12-24 hours. NWS Extreme Heat Warnings in the Southwest account for regional and temporal differences and incorporate health outcome data (deaths) as displayed in the HeatRisk map.

Activities include:

ADHS to provide real-time communications of cautionary periods to partners. Partners to plan to ramp up heat interventions, e.g. extended cooling center hours.

Tier 1C: Multiple Emergencies Occurring Simultaneously

Examples: Power Outages, Transportation Interruptions, Outbreaks, Healthcare System Overload, Extreme Weather (Monsoon, Floods, Air Quality, and Smoke).

Activities include:

- Enhanced communication, coordination, prioritization of resources, response, and public messaging
- Multiple agencies involved, including DEMA

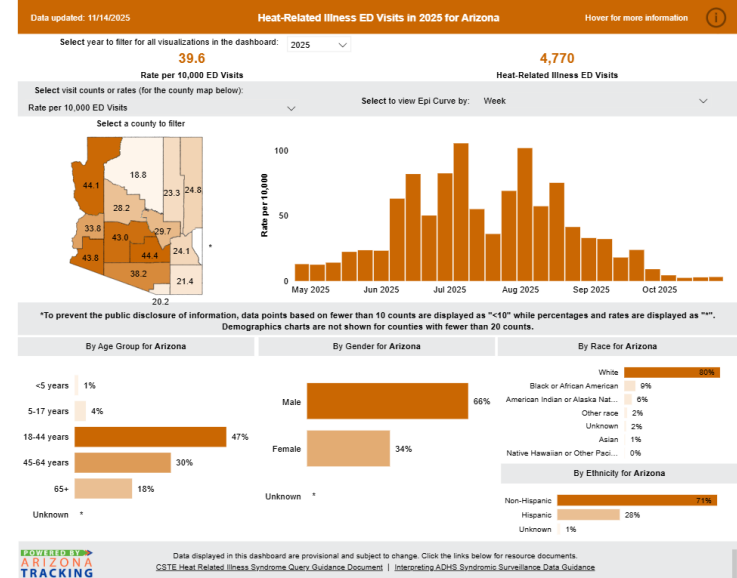
Tier 1D: Recovery

After heat emergency is rescinded

Evaluate Recovery Support Functions (RSF) needs outlined in the State Emergency Response and Recovery Plan (SERRP) which includes: infrastructure systems, economic recovery, natural and cultural resources, health and social services, community assistance, and housing.

Activities include:

- Coordinate with the community to address latent impacts post event.
- Multiple agencies involved, DEMA leads



Tier 1B: Exceptional Heat Events

Exceptional Heat Events are defined when the National Weather Services (NWS) has issued Excessive Heat Warnings for 2 days in a location

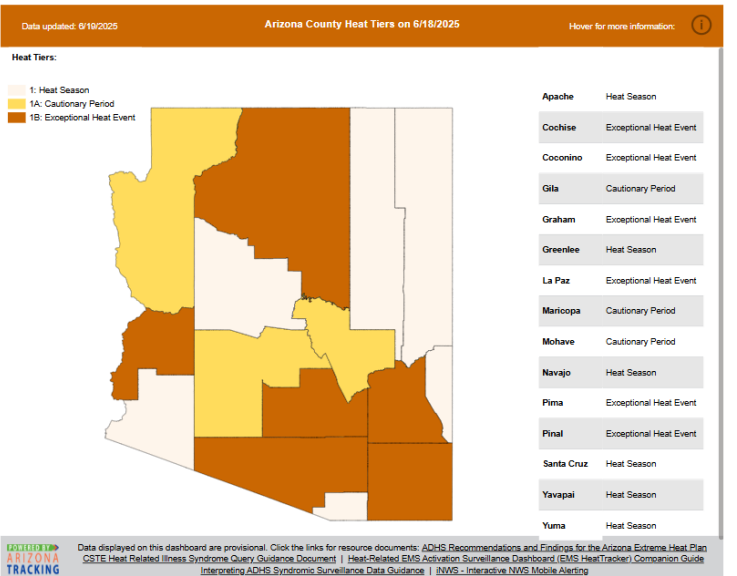
AND

Health heat outcomes exceed the extreme threshold as defined below on a heat warning day or on one of the following 3 days.

- HRI Emergency Department visits are considered extreme when they are in the top 10% when compared to the previous 3 years
- OR
- The number of Heat-Related EMS dispatches are considered extreme when they are in the top 10% when compared to the previous 3 years

The response returns to Tier 1A: Cautionary Period when no new Excessive Heat Advisory, Watch, or Warning is issued for the next 3 days AND HRI ED visits and EMS dispatches have returned to below the top 10% when compared to the previous 3 years.

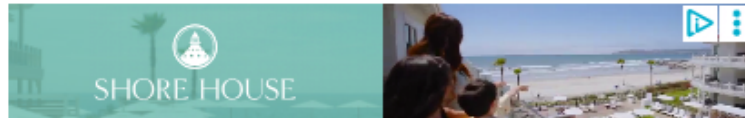
Activities include: Enhanced public health response, e.g. extended cooling center hours, media release, HANS.



Collaboration

- ★ State Heat Briefings
- ★ Online Community - Civic Roundtable
- ★ April 21 - Arizona Heat Kick-Off Meeting
- ★ May 4-8 - Heat Awareness Week
- ★ Arizona Heat Summit
- ★ Webinars and trainings
- ★ Tabletop Exercise
- ★ Listening Sessions
- ★ County-led briefings, hot washes, Southern AZ Heat Summit





Family: Arizona man died after hospital discharge in extreme heat despite mental state

Parents say Abrazo Health ignored warnings, sent confused son alone to homeless shelter in 107-degree heat

Parents say Abrazo Health ignored warnings and sent their confused son alone to homeless shelter in 107-degree heat. Alexis Dominguez reports from Phoenix.

By [Alexis Dominguez](#)

Published: Feb. 11, 2026 at 5:32 PM MST | Updated: 16 hours ago



PHOENIX (AZFamily) — A Valley family is suing a Phoenix-area hospital after their son died hours after being discharged alone in triple-digit heat, despite warnings he was too confused to care for himself.

Heat Stroke Study 2024

Charles Finch, DO, FACOEP
Assistant Medical Director, Phoenix Fire Department

Maki Lloyd
Deputy Chief, EMS Phoenix Fire Department

Jason Newman
EMS Training Captain, Phoenix Fire Department

David Kirk
EMS Training Captain, Phoenix Fire Department

- Charles Finch, DO
- Charles.finch@phoenix.gov

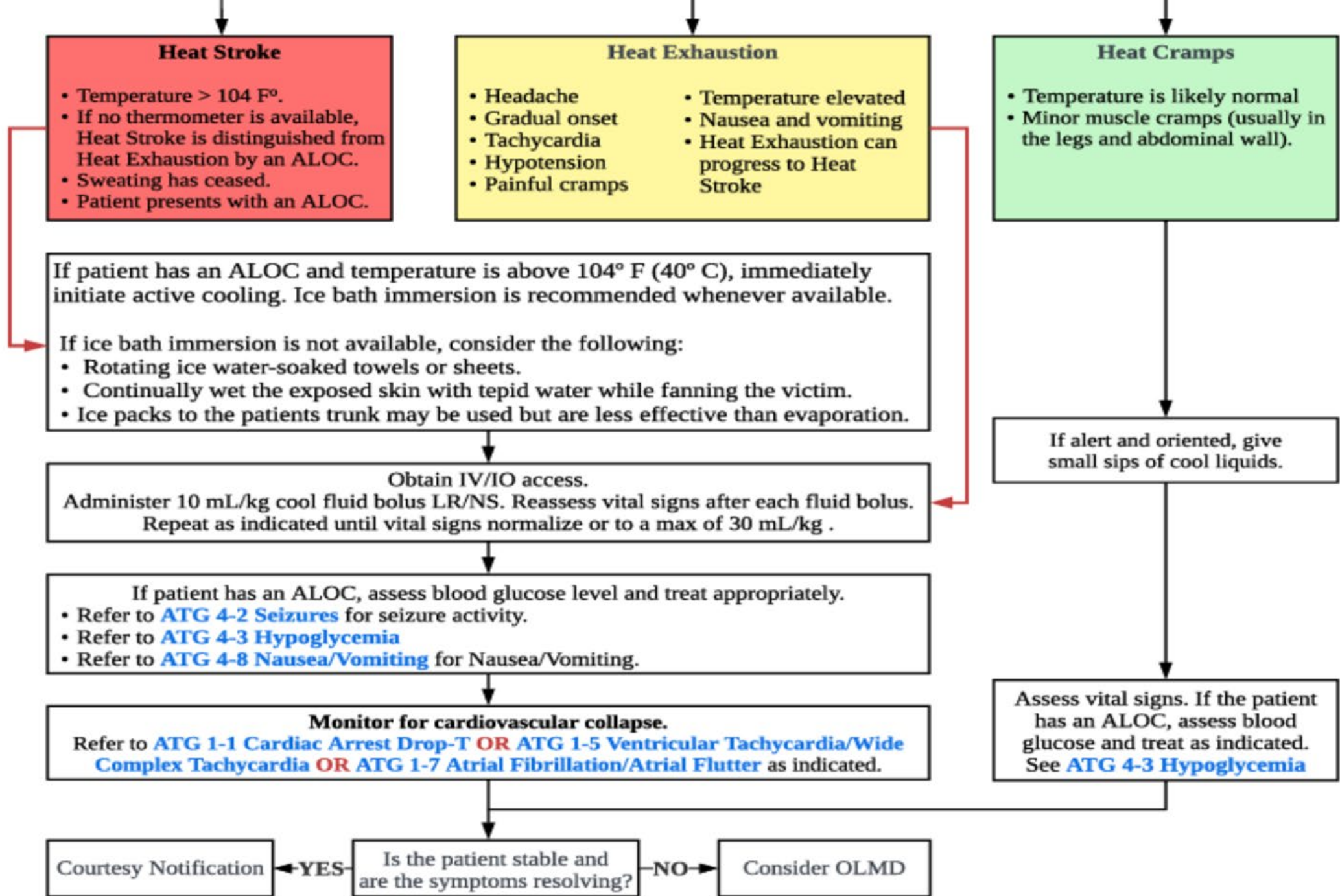
- Maki Lloyd
- David.Lloyd@phoenix.gov

- Jason Newman
- Jay.Newman@phoenix.gov

- David Kirk
- David.Kirk@phoenix.gov

2023 Ice Water
Immersion inspired by
EMT's and Paramedics
recognizing the impact of
Heat Stroke on patients.





AVERAGE PHX SURFACE TEMP

165° F

According to NASA's Jet Propulsion Laboratory collecting data using
a thermal radiometer tool aboard the International Space Station
(June 2024)



94%

of Hyperthermia pts
found down outside

Pavement Burns Research

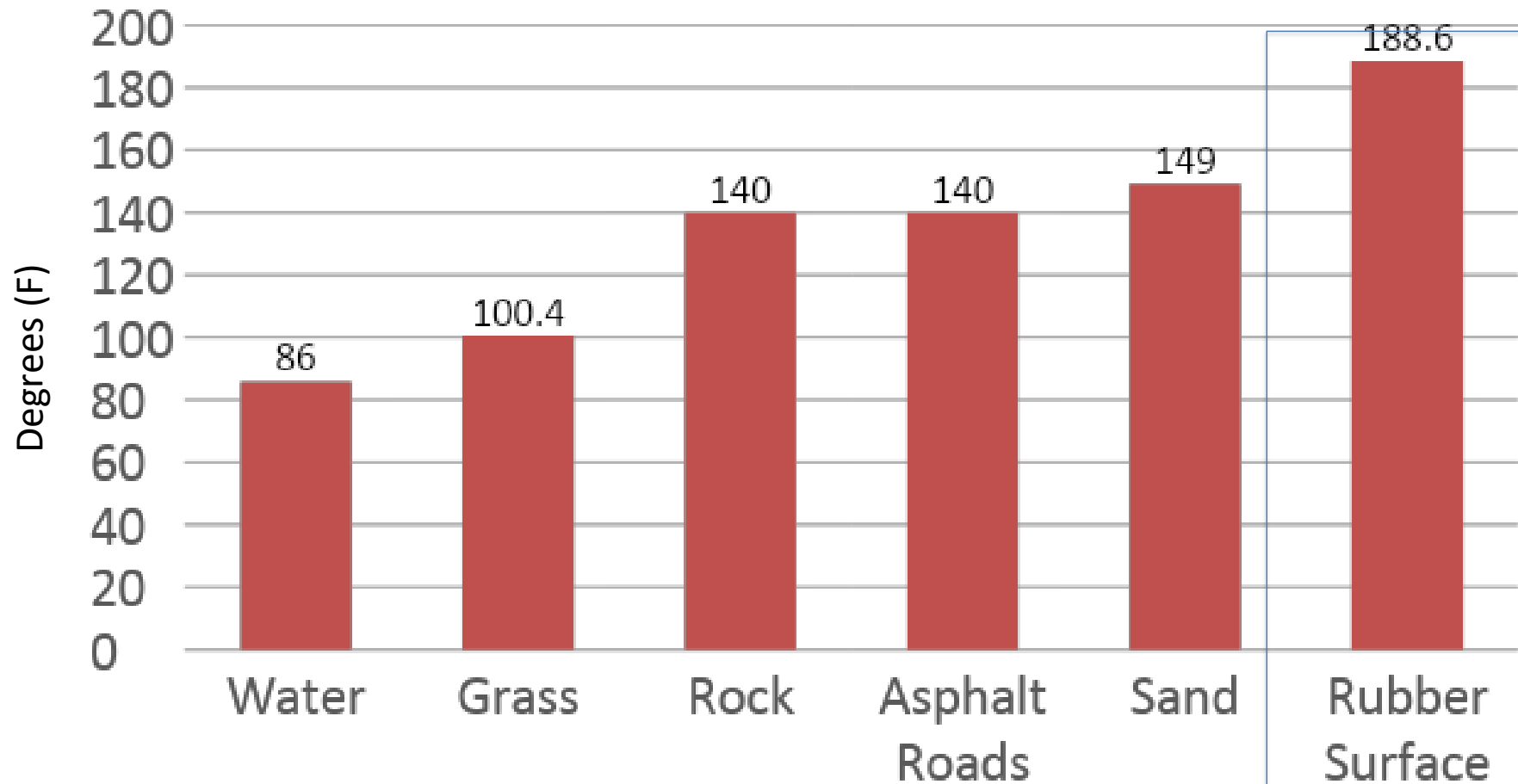
- Compared to Flame/Scald Burns
 - Higher Cost
 - Larger Area Percent Burned
 - Lengthier Hospital Stay
 - Great requirement for operative intervention



(Silver et al, 2015)

Common Land Surface Temperatures

Surface Temperatures During a 100 Degree Day



Vanos et al 2015



Learn More

Welcome to Arizona's Central Heat Resource Hub

Extreme heat is a serious and growing threat in Arizona—and we're here to help you stay safe, informed, and connected.

Quick access to Arizona's key heat safety tools and data.

heat.az.gov

EXTREME WEATHER HEAT SAFETY

STAY SAFE WHEN OUR STATE HEATS UP

- Cooling Centers**
Find cooling centers, hydration stations and collection/donation sites.
- Heat-Related Illness Data**
See trends in emergency department visits for heat-related illnesses in Arizona.
- ADHS Extreme Heat Warnings**
ADHS offers tips for avoiding heat-related illness and staying safe and cool during high temperatures.

Arizona is one of the hottest places on earth from May to September. Heat-Related Illnesses (HRI) are common during the summer. Approximately 4,298 people visit Arizona emergency rooms every year because of HRIs.

azdhs.gov/heat

Search for anything...

Home

Recent discussions

- ADHS Heat Team**
Extreme Heat Preparedness Network - 1 week ago
New Event: Extreme Heat: Community Preparedness, Netw...
- ADHS Heat Team**
Extreme Heat Preparedness Network - 1 week ago
EPA Environmental Education Grants Program is OPEN
Under the Environmental Education Grants Program, EPA seeks grant applications through a Notice of Funding Opportunity...
- ADHS Heat Team**
Extreme Heat Preparedness Network - 1 week ago
New Event: 2026 Tribal Public Health Webinar Series | Natio...

Recent resources

- Local Data for Equitable Comm...
1 week ago
- Speaking with the Arizona Ch...
2 weeks ago

[Roundtable Sign Up](#)

2-1-1

Find Help Providers 2-1-1 Dashboard Contact Us

Arizona is one of the hottest places on earth from May to September. Heat-related illnesses are common during the summer, and some heat-related illnesses can even be fatal. Below you can find resources and tips to stay hydrated and safe in the Arizona heat. You can also call 211 to speak to a specialist about heat-related services in your area 24/7. Heat relief support is available 7 days a week from 9 a.m. to 7p.m.

If you are experiencing a medical emergency or any symptoms of heat-related illness, call 911 immediately.

Select a topic below or [contact us](#) to learn more.

- Find a Cooling Center/Hydration Station
- Heat Relief Weatherization Programs & Home Rehabilitation Services
- Heat Relief Utility Assistance
- Heat Relief Arizona Tenant Rights & Repairs
- Recognize, Prevent, and Treat Heat-Related Illnesses

Can't find what you need? [Dial 2-1-1](#)

azdhs.gov/heat

resilient.az.gov

Workplace Heat Safety Task Force Delivers Recommendations, Implements Governor Hobbs' Executive Order

News Release
December 31, 2025

Task Force of business, labor, and industry leaders finalizes Heat Guidelines for Employers, submitted to the Industrial Commission of Arizona

Phoenix, AZ – Today, Governor Katie Hobbs announced that the Workplace Heat Safety Task Force has issued its final recommendations to protect Arizona workers from heat-related risks. These recommendations, published by the Industrial Commission of Arizona, follow the Governor's **Executive Order earlier this year to establish the Task Force**. The task force, composed of leaders from the private sector, public

ADOA Cooling Centers Hosted 59% More Visits in Summer 2025

Home / News
/ ADOA Cooling Centers Hosted 59% More Visits in Summer 2025

Efficiency Arizona Program Invests Over \$2 Million in Arizona Homes, Launches Eligibility Screening Tool

Home / News Center
/ Efficiency Arizona Program Invests Over \$2 Million in Arizona Homes, Launches Eligibility Screening Tool

January 20, 2026

Governor Katie Hobbs Invests \$15.6 Million to Strengthen Arizona's Energy Grid, Reduce Power Outages, and Lower Costs

Home / News Center
/ Governor Katie Hobbs Invests \$15.6 Million to Strengthen Arizona's Energy Grid, Reduce Power Outages, and Lower Costs

December 11, 2025



Links and Tools

- ★ [Heat Mitigation Tool Kit for Long Term Care](#)
- ★ [Extreme Heat Toolkit for Health Clinics](#)
- ★ [Heat and medications information for individuals \(Eng/Spn\)](#)
- ★ [Heat and medications information sheet for health care providers](#)
- ★ [Population specific Toolkits](#)
- ★ [Accessible Heat Relief Sites in Arizona: for People with Disabilities](#)
- ★ [Look before you lock](#)
- ★ [Stages of heat illness](#)
- ★ [Sunscreen selection tips](#)
- ★ [Symptoms of heat illness](#)
- ★ [Urine chart guide to hydration](#)
- ★ [Community Profiles](#)

- ★ Connect with your local county's public health or emergency management
- ★ Connect on [Civic Roundtable](#)
- ★ Email us if you have questions: azheat@azdhs.gov

Getting
Involved and
Supporting
Each other

The work continues...

- ★ Better rural heat data tools
 - CSA
- ★ Community-driven for lasting impact
 - Targeted messaging (building on the HeatRisk & Heat Tiers adapted and formatted to rural populations)
 - Connecting partners to fill/address gaps
 - Toolkit?

A decorative circular pattern of various icons is located on the left side of the slide. The icons include a hand, a sun, a mountain, a tree, a flower, a gear, a leaf, a fish, a bird, a house, a person, and a gear. The pattern is composed of many small, repeating elements arranged in a circular, radial fashion.

Thank you!

Jennifer.Botsford@azdhs.gov

azheat@azdhs.gov

heat.az.gov

azdhs.gov/heat



Extreme Heat: Findings & Recommendations from Rural and Tribal Listening Sessions

Rural Health Policy Forum
Tuesday, February 17, 2026

Mona Arora (Presenter), Shunrang Chin, Maiya Block Ngaybe

MYTH: I have lived in Arizona all my life so I have nothing to worry about.

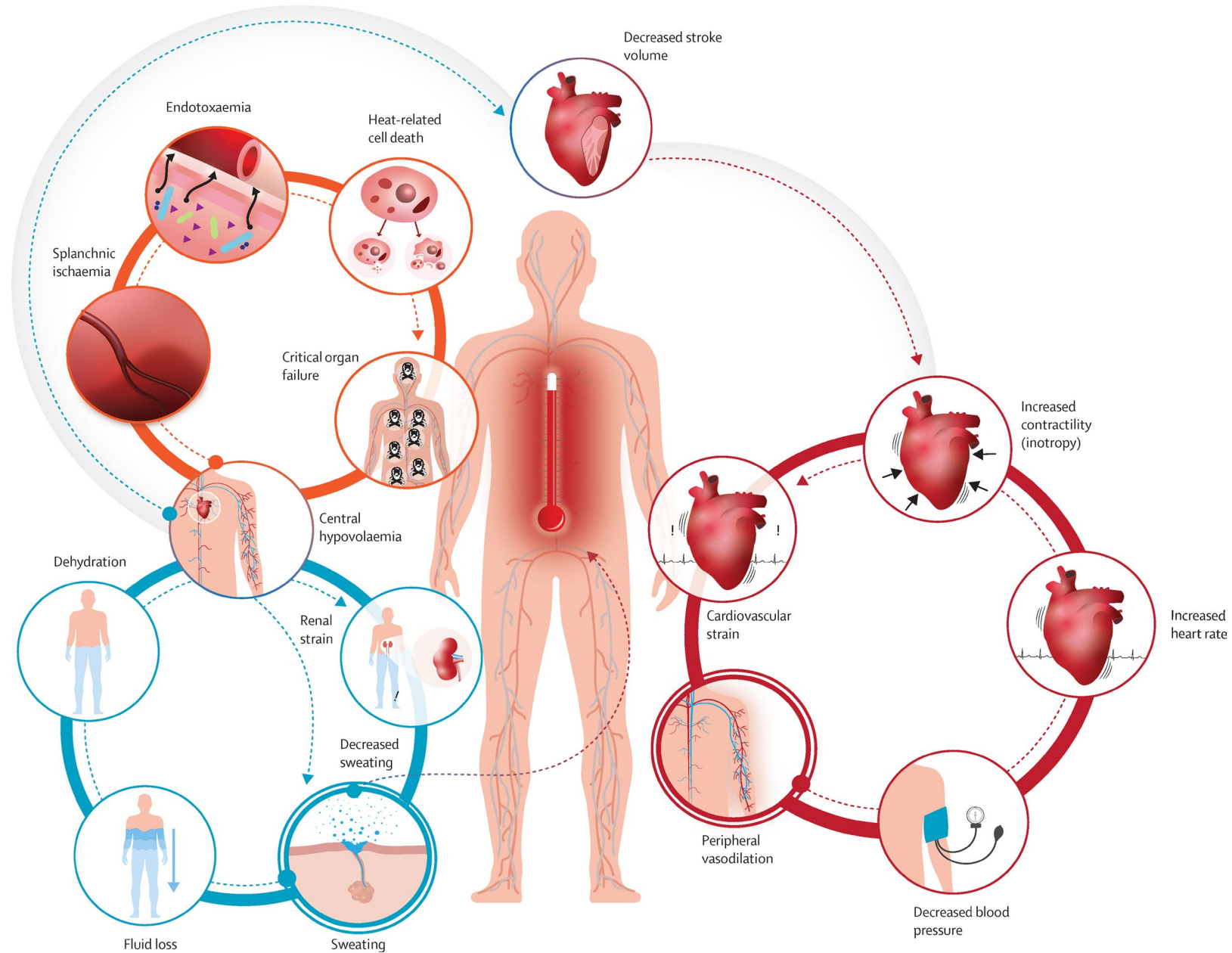
SUMMARY REPORT OF HEAT-RELATED DEATHS IN 2023

Over 69% of the Arizona residents who died of heat-related illness during 2023, lived in the state for 20+ years

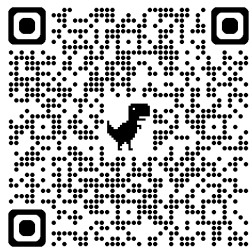


**FACT: Everyone is vulnerable to extreme heat
Just because we have been living here for a long time
does not mean that our bodies are used to the
INCREASING heat.**

Illustration of the physiological pathways of human heat strain



Source: Hot weather and heat extremes: health risks. The Lancet. August 2021.



Introduction

- SCORCH, Arizona Department of Health Services (ADHS) and Arizona State Office of Rural Health coordinated rural heat listening sessions to better understand rural and tribal heat response, best practices, needs and recommendations.
- Tribal Rural Heat Listening Session held at the 3rd Annual ADHS Heat Summit in November 2025
 - Other sites: Parker (La Paz), Benson (Cochise), Sedona (North Arizona), Somerton (Yuma)





Participants

- **Number of Participants: 25**
- **Number of Groups: 6**
- **Tribes Represented: 5**
- **Sectors represented (18)**
 - Education (5)
 - Emergency Management Office (1)
 - Government (2)
 - Health Department (3)
 - Local Non-profit (2)
 - Other, Community-based Organization (1)
 - Tribal Government/Tribal Health Service (3)
 - Utility Company (1)
- **Counties Represented (3)**
 - Maricopa County
 - Pima County
 - Pinal County



Roadmap to Effective Heat Relief

Recommended Actions for Statewide Rural & Tribal Heat Action

**Recommendation 1:
Tailor Approaches**

**Recommendation 2:
Strengthen
Community
Partnerships**

Recommendation 3:
Improve Data
Collection

Recommendation 4:
Sustainable Heat
Funding

**Recommendation 5:
Integrate Heat Into
Existing Health
Programs and Enhance
Communication**

Recommendation 6:
Focus on Long-Term
Resilience Through
Infrastructure and
Housing

Recommendation 1: Tailor Approaches

Key Messages:

- Tribal and rural communities are not homogeneous.
 - One-size-fits-all solutions are not effective.
- Heat response and coordination should tailor approaches to each community's specific cultural traditions, language, infrastructure, and resource access.

Actionable Examples:

- Conduct community assessments to identify baseline needs for reducing heat risk.
- Develop a centralized repository for sharing best practices allowing rural and Tribal communities to access and tailor effective heat response strategies to fit their unique needs.
- Tailor existing heat messaging to align with community experiences and needs (e.g., some residents take pride in withstanding high temperatures)

Taking Action to Protect Community Members



SAFE SUMMER TIPS

1. Keep your pet indoors when possible
2. Limit outdoor exercise to early morning or evening
3. Avoid long walks, hikes and excessive play
4. Provide pets with extra, cool water sources
5. Consider dog booties for hot pavement
6. Play in the sprinklers or a kiddie pool
7. Never chain your pet

Q: IS IT TOO HOT TO WALK?

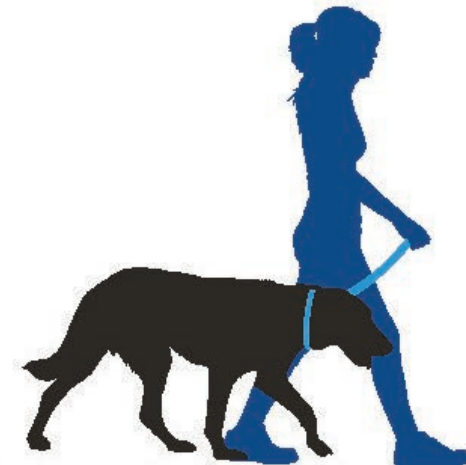
TEST IT!

Hold your bare foot on the ground for **7 seconds**



A:

If it's too hot for bare feet,
it's too hot for bare paws.



Recommendation 2: Strengthen Community Partnerships

Key Message:

- Involve and partner with existing local partners that are trusted by community members and work in the community to collaboratively address heat risks
- Respect tribal sovereignty
- Engage community members directly in decision-making rather than presenting predetermined plans.

Actionable Examples:

- Engage with a learning and collaborative mindset, not, "we are here to save the day"
- Engage local partners including food banks, faith-based organizations, schools, libraries, health centers, organizations that serve the elderly to integrate heat prevention efforts into existing services (e.g., heat relief kits into food bank packages, heat relief spaces in the community posted in public spaces)
- Partner with local businesses and Chambers of Commerce to establish hydration stations and identify new facilities for cooling centers.

Taking Action to Protect Community Members

Seek: Cool Spaces

Stay in cool, air-conditioned spaces whenever possible. If home cooling is not available, visit a designated cooling center, community center, library.

Cooling centers: community centers, libraries, shelters

Cooltainer: Tohono O'odham Nation



Taking Action to Protect Community Members

Buddy Up: Check on others

Watch for signs of heat-related illness in yourself, family, friends, neighbors, and coworkers

Pay special attention to elders and young children and others who are more vulnerable to heat

Protect your pets



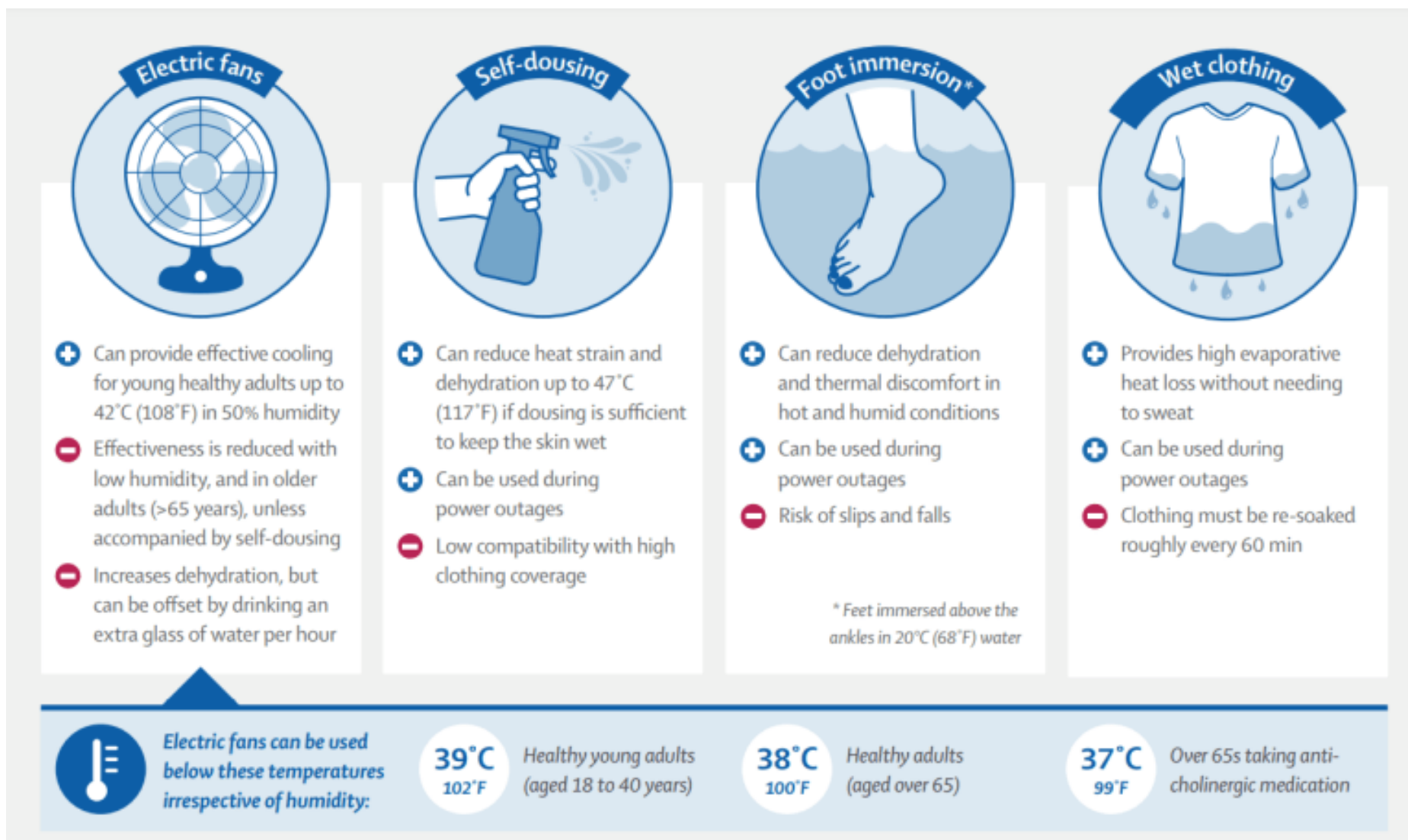
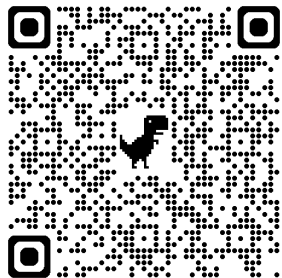
Recommendation 5: Integrate Heat Into Existing Health Programs and Enhance Communication

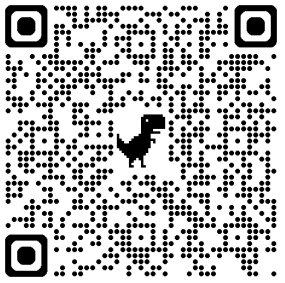
Key Message:





Heat response should be embedded into existing public health programs and strengthened through culturally tailored communication, trusted messengers, and accessible early warning systems that reach communities with limited connectivity.

Actionable Examples:

- Embed heat education, screening, and referrals into routine chronic disease, maternal health, behavioral health, and substance use services.
- Create multi-channel messaging to maximize reach (e.g., AM radio, flyers, phone trees, texts, social media).
- Distribute more durable heat relief items like cooling fans over single-use kits.
- Explore solar options for electricity to power cooling devices in areas with limited grid access.

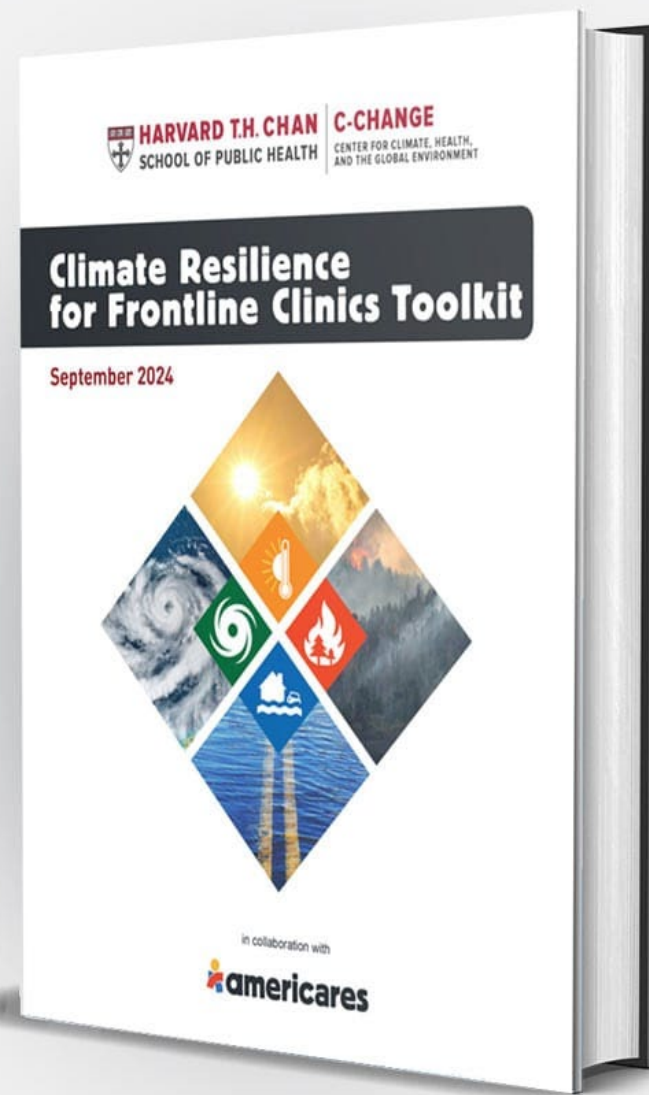




Evaporative coolers	Misting fans	Ice towels*	Cold water ingestion
			
<ul style="list-style-type: none">+ Can cool air temperatures in dry conditions- Minimal effect in high humidity- Risks creating mosquito breeding sites without proper maintenance	<ul style="list-style-type: none">+ Lowers air temperatures in hot and dry conditions- Must be used in well ventilated or outdoor areas otherwise humidity increases offset any benefit- Risk of slips and falls	<ul style="list-style-type: none">+ Can reduce core temperature and cardiovascular strain in conditions up to 45°C (113°F)- Requires access to ice- Labour-intensive to prepare <p><i>* Crushed ice wrapped in a damp towel applied to the neck and chest</i></p>	<ul style="list-style-type: none">+ Can provide internal cooling+ Water should be ingested at a temperature that is most palatable (~10°C/~50°F) to ensure optimal hydration- If person has already started sweating, not effective at lowering core temperature

[I]f employees are not paid enough to live, how can they be expected to thrive during extreme heat?

(ADHS HeatSummitNotes_CherylValdez, Pos. 132)



Thank you!

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A scenic desert landscape featuring several tall saguaro cacti in the foreground and middle ground. The cacti are silhouetted against a warm, golden light, likely from the setting or rising sun. The background shows rolling hills and a valley with some buildings and more vegetation. The overall atmosphere is peaceful and natural.

Questions?

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