

BEAT THE HEAT

Plan ahead, be prepared, and stay cool!

Heat and Your Health

Symptoms of Heat Stroke

Body temperature of 103+, nausea, dizziness, and a fast, strong pulse

Symptoms of Heat Exhaustion

Heavy sweating, muscle cramps, clammy skin, and a fast, weak pulse

Emergency Room Visits

Each year there are 67,512 ER visits due to heat on average

Safety Tips

Is Your Home Ready?

Schedule a Free Home Energy Audit

Heat Resources

- Life Threatening Emergencies: 911
- Non-Emergency Police Line: 505-242-2672
- Office of Emergency Management: 505-768-2000
- Report a Power Outage (PNM): Text #OUT to 78766

Shield Yourself

Make sure to wear protective, light-colored clothing, sunscreen, and hats.

Heat Protection

Never leave pets or children in parked cars, temperatures in a parks car can reach 131 – 172 degrees within minutes.

Summer Fun

Take a Hike, Do It Right

Get outdoors and enjoy any of the trails here in Albuquerque. Hike early before it heats up, and remember to bring plenty of water.



Plant a Tree This Summer

Help the City create more shade, pledge to plant a tree today and help reach our 100,000 tree goal!



Visit the BioPark

Spend a couple hours at the BioPark Aquarium. Learn about marine life while staying cool.



Keep it cool, find a pool

