



Citizen's Guide for **Readiness for Climate Extremes in the Desert Southwest**

*Building
resilience:
prepare to
prevent and
manage impacts
of extreme
climate events.*

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**PHYSICIANS
FOR SOCIAL
RESPONSIBILITY**[®]



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www.psr.org/azclimate

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bility-Arizona Chapter.
Every effort has been made
to ensure this publication is
as accurate as possible.

Quick Guide of Emergency and Crisis Resources:

Pima County Health Department
3950 S. Country Club, Ste 100
520-243-7770

**Pima County Office of Emergency Management
and Homeland Security**
3434 E. 22nd Street
520-794-9300

In case of emergency, please dial 911

Police:

Tucson Police Dept.(Main)
520-791-5032

Non-Emergency Number:
520-791-4444

Marana Police Dept.
520-382-2000

Oro Valley Police Dept.
520-229-4900

Sahuarita Police Dept.
520-351-4900

South Tucson Police Dept.
520-917-1589

Fire:

Tucson Fire Department
520-791-4512

Marana-Avra Valley Fire
District
520-682-3255

Green Valley Fire District
520-629-9200

Vail-Rincon Valley Fire
District
520-647-3760

Arivaca Fire District
520-398-2003

Ambulance:

Southwest Ambulance
520-407-4300

Other Emergencies:

Travel Alerts:
www.az511.gov
Dial: 511

Weather Alerts:

Radio: 162.4 AM

A full list of
emergency and
crisis resources
can be found on
pages 44-47.

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Introduction

While climate change is likely to cause extreme weather events in the future, prevention and preparation can help lessen the danger, and could even save your life and the lives of those around you. **This guide provides citizens of Southern Arizona with a comprehensive list of resources to help prepare for and build resilience in the face of extreme climate emergencies. It also provides information on how to help reduce and help stop further climate change.**

Arizona is particularly vulnerable to the effects of extreme weather caused by climate change. The Intergovernmental Panel on Climate Change projects with 80% confidence that extreme heat events will intensify in magnitude and duration over portions of the U.S. where they already occur. They are “virtually certain” there will be a decrease in the magnitude and frequency of cold days/nights and increase in frequency and magnitude of unusually warm days/nights in the desert Southwest region.



Using this Guide:

The guide uses symbols to help you easily identify each section. Look for them in the upper left-hand corner and lower right-hand corner of each page.

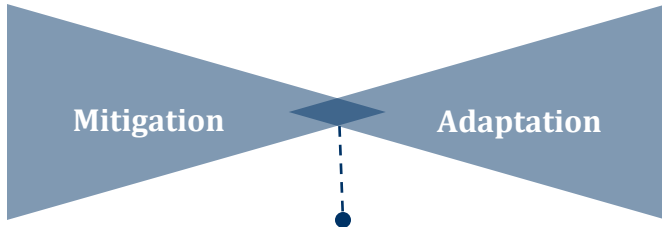
Building Awareness



Mitigation



Adaptation



Together, mitigation and adaptation reduce the impacts of climate change.

Planning and Preparedness



Assess and Assure
Your Readiness



Building a Resilient Home
and Neighborhood



Making Connections
*(Section includes Emergency
Numbers)*



Mitigation

Mitigating the Effects of a Changing Climate in Southern Arizona

We humans are fast learners, at least most of the time. We have no trouble plugging leaks, putting out fires, or moving away from danger. We are quite remarkable in how quickly we can change behaviors or take actions to reduce threats when we must.

But we may not always be able to act in time to avoid some negative impacts in life. Accidents happen, things break, negative effects occur, before we understand completely why.

However, we don't add more fuel to a raging fire if our goal is to put out the fire. We don't turn on more faucets if a building is already flooded. This is common sense.

Science tells us that the greenhouse effect (a warming of the planet's atmosphere by the combustion of fossil fuels) is triggering a range of physical changes in the climate that threaten our social and economic stability.

These changes and threats will differ depending on location and season, and those in our region will include:

- dramatic overall warming, with increased average temperatures day and night
- an increase in heat extremes, bringing new risks to human health
- more and longer drought episodes
- less precipitation, but more unpredictable and intense rainfall patterns
- increased and more sudden flooding events
- larger and more frequent wildfires

So, if the greenhouse emissions from burning fuels like coal, gasoline and natural gas are heating up the planet to unacceptable levels, our goal should be to stop putting those emissions into the atmosphere.

This is actually a universal goal, for the atmosphere does not care where the reduced emissions come from, only that they take place.

We are mitigating the effects of climate change whenever we take steps to reduce current and future greenhouse gas emissions. We achieve these reductions when we use energy and water more efficiently and smarter. Also when we switch to renewable energy, use less gas, buy local food and products or plant trees — anything that takes greenhouse gas emissions out of the atmosphere, now and in the future.

Even if we are successful in stabilizing or stopping the increase in greenhouse gas emissions, the climate will continue to change for quite some time.

We will also need to begin adapting to those changes even while we work to mitigate the extent of the threats that the changes bring to our communities and economies.

Mitigation remains crucial. By stopping and eventually reversing the increase in greenhouse gas emissions we can help delay and reduce the severity of effects that are associated with high levels of these concentrations in the atmosphere.

In other words, we buy ourselves time when we mitigate greenhouse gas emissions. The steps we take in adapting to climate change will be less costly and less burdensome the more our mitigation efforts succeed.

The intent of this guide is to help families, neighborhoods, and communities better prepare for the impacts of a warming southwestern climate. And additionally, each individual action taken to lower greenhouse gas emissions will make our preparations easier and less costly.



Planting trees and using solar energy are two ways you can help decrease greenhouse gases.





Adaptation

Common sense tells us to dress lightly and plan our activities earlier in the day on a hot July morning; it tells us also to take shelter during a violent summer storm. Anyone who has lived in the desert southwest even a little while knows what to expect, how to react, and how to adapt to extreme weather that can be dangerous. When weather events begin to change from what we know to the unfamiliar, we need to be just as prepared and cautious.

There is no serious dispute that the region is experiencing a drought that has now lasted into its 15th year. This has not been an overnight event, where we can go back to business as usual after a minor inconvenience of one kind or another.

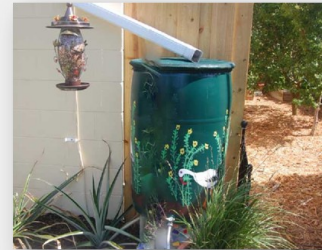
The drought has forced most all of us, from individuals to businesses to government agencies, to begin changing our behaviors and practices on how water is used and how we can avoid the worst case effects should drought continue indefinitely.

When we recognize such challenges and begin changing our activities to minimize risks and threats to our well-being, we are simply and importantly adapting to a changing climate around us.

We are doing in our own communities what societies have done over the centuries, work together to understand a changing environment and adapt as best as we can to these new circumstances. Again, common sense guides us to recognize these challenges and to adapt to them as best we can.

As we grapple in our homes, neighborhoods, and communities with the emergent threats of a changing and warmer climate that were

Water harvesting is one example of how people are adapting to drought.



addressed on the mitigation page, we can expect the big picture to continue to change. Any one of these changes is unwanted, and the combination of them all could be overwhelming if we do nothing. But again, we have the common sense and an array of resources and best practices, such as those in this guide, to help us as we go forward.

Adaptation and mitigation of a changing Southwest climate will take many forms, all of which can reduce the impact of climate stresses on human and natural systems. They include adopting:

- behavior changes, such as using energy more efficiently at home in various ways
- new technologies, such as clean, safe renewable energy sources
- changes in government policies or resources, such as limiting emissions from power plants and getting off fossil fuels
- new community support measures, such as providing resources to plant trees, grow food, conserve water, and place solar energy on more homes and businesses

*“There is
something each of
us can do!”*

- strengthened emergency preparedness, including neighborhood readiness and planning
- a combination of all of these and many more

The desirability of adapting to a changing climate is often just one argument in favor of finding new, smarter ways to live our lives and to strengthen our community. Our efforts will have positive benefits in the near term, not just sometime in the future. Adaptation steps can be economically efficient, support our social and community goals, and be environmentally sustainable.

However, adaptation is not sufficient to keep the climate from becoming dangerously overheated. Now is the time to stop adding greenhouse gases to our atmosphere, start using strong climate mitigation measures like driving gas fueled cars less and planting trees along walkways to create more walk-able neighborhoods, building community sustainability, and reducing the urban heat island.

We must certainly work to lessen the scale and magnitude of future climate change. Meanwhile, it is in our best interest as a community to prepare for the multiple risks that these negative big picture changes will bring. Adapting to our changing climate will be a common sense and necessary endeavor for all of us.



Planning & Preparation

Many of the materials in the following pages are materials from a neighborhood Workbook and Conversation Guide that have been created by the “Building Resilient Neighborhoods” Working Group affiliated with the **Climate Smart Southwest Conference** in Tucson in 2013 and the ongoing **Climate Southwest Project**. You can learn more about this project in the section in this guide called “About Us”.

The Conversation Guide and Workbook for Building Resilient Neighborhoods is designed to help facilitate conversations and planning within neighborhood groups and organizations. You will find the conversations to be stimulating and empowering. We encourage you to copy the workbook materials and organize neighborhood meetings to learn from each other and plan ahead for a safe and resilient neighborhood in case of extreme climate events.

You can find the Workbook (called the Resilient Neighborhoods Packet) and Guiding Group Conversation tool (in English or Spanish) at www.psr.org/azclimate and by opening the section/link called “Working Groups” and selecting the “Vulnerable Neighborhoods Work Group”

Building a Resilient Home and Neighborhood



1

**Assess and
Assure Your
Readiness**

2



3

**Making
Connections**



Assess and Assure Your Readiness

1. Evaluate Your Neighborhood

Community cohesion means people who live in the same place stick together as a group. They do this because they know each other and feel they can trust and rely on each other. This feeling of trust seems to be related to how often they talk to each other, how many different places they talk to the same people, and how much they talk about with them.

Use this scale to measure your cohesiveness:

Most cohesive

Residents in Rating 5 Neighborhoods

5

- ◆ Talk to each other in several ways (in person, by phone or email, and in meetings)
- ◆ Have an organized association with officers and have several smaller social groups in the neighborhood who do things together
- ◆ Visit each other's homes and do things together outside the neighborhood because they are friends
- ◆ Ask for each other's advice or help and look out for each other out of respect and trust.=
- ◆ Feel that the neighborhood doesn't change much and is nice to live in
- ◆ Organize group activities for the good of the neighborhood
- ◆ Think of the neighborhood as a community they are loyal to

4

Residents in Rating 4 Neighborhoods

- ◆ Think other residents are mostly honest and trustworthy
- ◆ Think they share some personal background and interests with others in the neighborhood
- ◆ Assume their neighbors are friendly and co-operative.
- ◆ Have one or two neighbors they think of as friends
- ◆ Will often band together to solve a common problem, such as crime, vandalism., rundown properties, disturbances, etc.
- ◆ Chose the neighborhood because of their lifestyle (job, free-time activities, families with children)
- ◆ Show pride in their homes and property

3

Residents in Rating 3 Neighborhoods

- ◆ Don't usually think about their neighborhood and neither fear nor like their neighbors
- ◆ Recognize most people on their block, but don't always greet them
- ◆ Usually trust the neighbors until they think they are dishonest or mean
- ◆ Think of a few neighbors as acquaintances, but probably not as friends

2

Residents in Rating 2 Neighborhoods

- ◆ Keep to themselves
- ◆ Pay almost no attention to neighbors unless the neighbors are disturbing or annoying them
- ◆ Spend as little time as possible in their neighborhood, and their properties aren't taken care of
- ◆ Don't think they have much in common with other residents and think most of them are unfriendly, unattractive or possibly dishonest
- ◆ Would only ask a neighbor for help if their lives are threatened

1

Least cohesive

Residents in Rating 1 Neighborhoods

- ◆ Rarely see their neighbors
- ◆ Don't usually recognize neighbors outside the neighborhood
- ◆ Know the names of three or fewer neighbors close to them and don't visit them [would not invite others in]
- ◆ Would move somewhere else if they could
- ◆ Distrust the neighbors and are suspicious of strangers and won't talk to them
- ◆ Feel like outsiders in the neighborhood
- ◆ Rely only on family or friends even if they don't live nearby

*How does your
neighborhood rate?*





Assess and Assure Your Readiness

2. Identify Who is the Most Vulnerable

Who is the Most Vulnerable to bad outcomes in climate disasters?

Experiences and research around the big climate disasters we have been experiencing in our country recently indicates that the most vulnerable to bad outcomes are:

- ◆ Those who live in neighborhoods that are not cohesive
- ◆ Individuals who are homebound and or seriously disabled
- ◆ Special situations with individuals listed below

Some of the characteristics of vulnerable people and contributing conditions include:

- ◆ People with no nearby friends or family
- ◆ Age: Elderly and Children (especially those under 4 yrs old)
- ◆ Poor health and inability to move or disabled
- ◆ Prisoners, homelessness, or drug dependency
- ◆ Poorly insulated housing, no air conditioning, no shade trees
- ◆ Night time low temperatures above 85 degrees and high humidity
- ◆ “Shelter in Place” is ordered, but there are no safe places nearby to get cool
- ◆ An emergency where phone, lights, and water are not available



3. Prepare for Weather Related Emergencies

As our Tucson climate gets hotter and drier, we may lose electricity for longer periods from overloaded or fire-damaged lines. This can cause us to lose water, gas, phone, and even food services and communications which can lead to serious health problems, injuries, and deaths.

The home worksheet on the next 4 pages will help you find out how prepared your household is for these new climate conditions and whether you have vulnerable people in your home who will need special help in long power outages.

Vulnerable people you identified on the previous page may need assistance getting enough water, getting to a cool and/or shaded place and getting a ride to emergency or cooling centers, finding refrigerators for their medicines, and having someone to look after them.

Extreme heat exposure can lead to dehydration, heat exhaustion, and heat stroke. Please see pages 22-25 for the complete Heat Emergency Plan.

Understanding the Home Worksheet on the Next Page:

- The first part of the worksheet (pg. 16-17) describes the people in your home and helps you find out what resources you have.
- The second part (pg. 18-19) is to help you know which people in your house will have a health risk in a heat emergency and will need help.
- ♦ This information can be shared with neighbors to plan for a resilient neighborhood with sharing of resources.





Home Worksheet Part 1

How many people in your home are in each age group?

0-10 _____	31-40 _____	61-70 _____
11-20 _____	41-50 _____	71-80 _____
21-30 _____	51-60 _____	Over 80 _____

How many pets do you have? _____

What kinds are they? _____

How old is each? _____

Do You Have Any Emergency Resource People in Your Home?

_____ Do any have police or other law enforcement training?
_____ Do any have fire department training?
_____ Do any have medical training? What types?
_____ Do any have military emergency training?
_____ Can any give emergency rides?
_____ Can any cook and deliver emergency meals?
_____ Do you know where pet shelters are?

Does Your Home Have Any of These Emergency Supplies? [Check all that you have]:

- _____ An emergency battery-operated radio? Circle which kind: battery/electrical/solar
- _____ Enough trees and shrubs around your home to shade and cool it and you?
- _____ A battery operated cooling fan?
- _____ Any kind of shade cloths? What kind and how big? _____
- _____ Filled water containers? How many and what size? _____
- _____ Hiking/camping water purifier kit?
- _____ Battery-operated Television
- _____ Home telephone? _____ Cell phone?
- _____ Email?
- _____ Solar oven or camping stove?
- _____ Outdoor grill and fuel?
- _____ Camping stove and fuel?
- _____ Flashlights, candles, large area battery or propane lights?
- _____ Emergency, non-perishable foods?
- _____ Portable carport, camp shelter or canopy for shade?
- _____ Swimming pool for cooling and drinking?
- _____ Independent solar system for home electricity?
- _____ Cisterns or other water storage system?
- _____ Home food garden?
- _____ Egg-laying chickens?
- _____ Emergency home generator (gas powered)?
- _____ Gas for the generator (48 hours worth)?
- _____ A First Aid Kit and Flashlights?





Home Worksheet Part 2

Which People in Your Home Have Health Risks? [Give the number of people who have each condition and give their ages]

_____ High blood pressure?

How old? _____

_____ Heart disease?

How old? _____

_____ Breathing problems or smokers?

How old? _____

_____ Liver failure or kidney failure?

How old? _____

_____ Dependence on drugs or alcohol?

How old? _____

_____ Diabetes?

How old? _____

_____ Other Chronic illnesses?

How old? _____

What types: _____



Do Any People in Your Home have disabilities?

[Give the number of people and their ages for each limitation, including infants and children]

_____ People who can't drive? How old? _____

_____ People who can't walk by themselves? How old? _____

_____ People who can't see or can't see well? How old? _____

_____ People who can't hear or can't hear well? How old? _____

_____ People who can't breathe easily? How old? _____

_____ People who can't talk well or do not speak English? How old? _____

_____ People who can't take care of themselves? How old? _____

_____ People with mental health problems? How old? _____

_____ People with missing or disabled arms or legs? How old? _____

_____ People on breathing support machines? How old? _____

_____ Other? How old? _____

Do you have someone in the neighborhood you can contact when you need help in emergencies? Yes _____ No _____

Name: _____ Phone: _____

Email: _____





Building a Resilient Home and Neighborhood

1. *Gather Information*

Health:

A summer day with temperatures hovering just under 100 degrees may not seem especially extreme to the average Arizonan until power is interrupted due to severe weather and local utilities are insufficient to meet demand. Without access to air conditioning, or water that relies on electric pumps for distribution, the average Arizona day could become a life-threatening day.



Prevention is always the most important strategy!

Protect Yourself from Heat Illness!

There are many other kinds of illnesses and injuries that can occur as a result of climate disasters, e.g. spread of infectious diseases, severe injuries or death from flooding, severe burn injuries or smoke inhalation from fires, serious accidents from windstorms, and many more. However, extreme heat is the greatest risk in our region, and for this reason, the focus in this guide is on that risk, with the accompanying potential of a power outage. Indeed, extreme heat events or heat waves are the leading cause of extreme weather-related deaths in the United States.

Seek medical attention immediately if suffering symptoms of heat exhaustion or heat stroke.

Take Precautions

- Stay inside air-conditioned homes during extreme heat days, or seek out shaded neighborhood locations or community shelters.
- Avoid excessive physical exertion outdoors on hot days,
- Stay hydrated; you need 4-8 quarts of water a day on extremely hot days.

(People with heart failure or kidney disease should consult their health care providers about how much water is safe.)

The immediate health risks from heat are innumerable and range in severity from rash and cramps to heat stroke, heart attack, and death.

The health risks from a power outage during a heat wave are compounded and they potentially include dehydration with lack of access to water, nutritional problems with lack of access to food, worsening of chronic health problems, stress, and mental health issues, and more.

Know the Symptoms of Heat Illness:

Heat Exhaustion

- ◆ Headache
- ◆ Dizziness
- ◆ Dark-colored urine
- ◆ Rapid heartbeat
- ◆ Profuse sweating
- ◆ Confusion
- ◆ Muscle cramps
- ◆ Nausea
- ◆ Fainting

Heat Stroke Includes most of the symptoms of heat exhaustion in addition to:

- ◆ Lack of sweat
- ◆ Red, hot, dry skin
- ◆ Fainting and unconsciousness

Good planning ahead of time can help prevent these outcomes. Turn the page for the full Heat Emergency Plan.





Heat Emergency Plan

Taken from the Arizona Department of Health Services Heat Emergency Response Plan (May 2013), which can be found at:

<http://www.azdhs.gov/phs/emergency-preparedness/documents/response-plans/heat-emergency-response-plan.pdf>

Your body keeps itself cool by letting heat escape through the skin, and by evaporating sweat (perspiration). If your body does not cool properly or does not cool enough, you might suffer from a heat-related illness. Anyone can be susceptible to heat-related illness. Those at greatest risk are children under 4, adults over 65, homeless people, outdoor workers, people who are overweight, and people who are ill or on certain medications. Heat-related illness may be serious or even deadly if unattended. ***Staying healthy during the summer is easier if you take the time to protect yourself by making sure you are drinking enough water and limiting your exposure to the heat. Follow these simple rules:***

- ◆ Drink water. Even people that stay mostly indoors all day should drink at least 2 liters of water per day. People that spend time outdoors should drink 1 to 2 liters per hour that they are outdoors.
- ◆ People that do strenuous activity outdoors should be very careful, being your body can lose up to 4 liters of water per hour during strenuous activity. You should carry water with you and drink even if you do not feel thirsty.
- ◆ Be heat safe and avoid alcohol and caffeine, which dehydrate the body.
- ◆ Avoid using salt tablets unless directed to do so by a physician.
- ◆ Dress for the heat. Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella. Always apply sunscreen to exposed skin.
- ◆ Eat small meals and eat more often. Avoid foods that are high in protein which increase metabolic heat.
- ◆ Slow down. Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning between 4:00 a.m. and 7:00 a.m.
- ◆ Stay indoors when possible.
- ◆ Take regular breaks when engaged in physical activity on warm days. Take time out to find a cool place. If you recognize that you, or someone else, are showing symptoms of a heat-related illness, stop activity and find a cool place.

Stages of Heat-Related Illness

1

The signal of the first stage is thirst. Drinking water at this stage can prevent you from progressing to the more serious kinds of heat related illnesses.



2

The next stage is muscle cramps. These cramps can be mild or very painful. If you are caring for a person who has heat cramps, have him or her stop activity and rest. If the person is fully awake and alert, have him or her drink small amounts of cool water or a commercial sports drink. Gently stretch the cramped muscle and hold the stretch for about 18--20 seconds, then gently massage the muscle. Repeat these steps if necessary.

3

The signals of the next, more serious stage of a heat related illness (often called heat exhaustion) include:

- ♦ Cool, moist, pale skin (the skin may be red right after physical activity).
- ♦ Headache.
- ♦ Dizziness and weakness or exhaustion.
- ♦ Nausea.
- ♦ The skin may or may not feel hot.

4

The warning signs of the most serious stage of a heat related illness (often called heat stroke or sun stroke) vary but may include:

- ♦ Vomiting, confusion, throbbing headache.
- ♦ Decreased alertness level or complete loss of consciousness.
- ♦ High body temperature (sometimes as high as 105° F).
- ♦ Skin may still be moist or the victim may stop sweating and the skin may be red, hot and dry.
- ♦ Rapid, weak pulse.
- ♦ Rapid, shallow breathing.
- ♦ Seizures.





Heat Emergency Plan *continued*

Signs & Symptoms of Heat-Related Illness

When temperatures are on the rise, watch for the following symptoms:

- ◆ Thirst: By the time your body tells you that you are thirsty, you are already mildly dehydrated.
- ◆ Heat cramps: Heat cramps are muscular pains and spasms due to heavy exertion. They usually involve the abdominal muscles or the legs. The loss of water and salt from heavy sweating causes heat cramps.

Types of Heat-Related Illnesses

Heat Exhaustion: Heat exhaustion is less dangerous than heat stroke. It typically occurs when people exercise heavily or work in a warm, humid place where body fluids are lost through heavy sweating. Fluid loss causes blood flow to decrease in the vital organs, resulting in a form of shock. With heat exhaustion, sweat does not evaporate as it should, possibly because of high humidity or too many layers of clothing. As a result, the body is not cooled properly. Body temperature will be near normal.

Heat Stroke: Also known as sunstroke, heat stroke is life-threatening. The victim's temperature control system, which produces sweating to cool the body, stops working. The body temperature can rise so high that brain damage and death may result if the body is not cooled quickly. Body temperature can be very high—sometimes as high as 105° F.

Over 1,500 deaths from exposure to excessive natural heat have occurred in Arizona from 2000 to 2012 (Arizona Health Department).

General Care for Heat Emergencies:

General care for heat emergencies include cooling the body, giving fluids, and minimizing shock. For specific heat-related emergencies, follow these steps:

For heat cramps or heat exhaustion:

- ◆ Get the person to a cooler place and have the person rest in a comfortable position. If the person is fully awake and alert, give a half glass of cool water every 15 minutes. Do not let him or her drink too quickly. Do not give liquids with alcohol or caffeine in them, as they can make conditions worse.
- ◆ Remove or loosen tight clothing and apply cool, wet cloths such as towels or wet sheets or mist with water. Get the person into an air conditioned space if possible.

Call 9-1-1 or the local emergency number if the person refuses water, vomits or loses consciousness.

For heat stroke: Heat stroke is a life-threatening situation! Help is needed fast. Call 9-1-1 or your local EMS number.

Move the person to a cooler place. Quickly cool the body using any means available, including cool water and ice. If you have ice packs or cold packs, wrap them in a cloth and place them on each of the victim's wrists and ankles, in the armpits and on the neck to cool the large blood vessels. (Do not use rubbing alcohol because it closes the skin's pores and prevents heat loss.) Wrap wet sheets around the body and place the person in front of a fan or air conditioner.

Watch for signals of breathing problems and make sure the airway is clear. Keep the person lying down.

Heat stroke is life threatening. Call 9-1-1 or the local emergency number if you are suffering from any of the above symptoms.





Building a Resilient Home and Neighborhood

2. Supplies and Resources Among Your Neighbors

What do you do when the power goes out?

Planning in Advance for a Heat Emergency: Power outage for 72 Hours or longer during high temperature days.

The focus of this guide is on four areas of neighborhood resilience: water security, coolness without a power source, food security and communications: This resource sheet addresses (1) planning in advance and (2) what to have ready for a heat emergency.

Planning Water Security:

- ☐ Install or identify a neighborhood water cistern. (Need cisterns to be kept full)
- ☐ Keep large bottles of water in your freezer.
- ☐ Need filter to make water potable.
- ☐ Need two gallons of water per person per day in summer.
- ☐ Consider compostable toilets and other options to minimize water need.
- ☐ Reduce use of water for plants and trees where possible.
- ☐ Identify any other resources you may need.

Planning Food Security:

- ☐ Acquire solar oven(s) & locate in central spot for everyone in neighborhood to use.
- ☐ Rethink kinds of food purchased – buy more dried or canned; less frozen or needing refrigeration.
- ☐ Grow your own fresh vegetables and fruits; plant a citrus tree (grapefruit hardiest, lemon).
- ☐ For cooking, use solar ovens, BBQ, wood and fire pit.
- ☐ Cook outdoors. (Avoid adding heat to interiors.)
- ☐ Identify available generator in your neighborhood to re-cool pre-selected refrigerators.

Keeping Cool

Cool Places In Your Neighborhood:

- ☐ Safe parks or community facilities
- ☐ Homes with basements, if neighbors willing to share
- ☐ Locations with lots of trees

Keep Cool Supply List:

- ☐ Hat, spray bottles, water bottles, shade cloth
- ☐ Identify places to hang wet sheets for power free swamp cooling
- ☐ Have freeze dried camp foods in stock

Keeping cool with batteries and generators or other power sources:

- ☐ Battery-operated desk fans are available at local hardware store.
- ☐ A generator could be used at central location during the heat of the day (with installation of appropriate electrical panel). Options are a gas-powered generator or one powered by solar panels and connected to a portable inverter.
- ☐ Electric car batteries can be used as a limited power source.

Communication Resources:

- ☐ Need radio powered by batteries or hand crank or solar power in the neighborhood.
- ☐ Need source of news and resources when radio, TV, cell phone, computer not powered.
- ☐ Decide on site for posting notices of news or needs. Publicize date/time and source of posting.





Building a Resilient Home and Neighborhood

3. Make Help Available: Review these questions with families and neighbors

Record your thoughts in response to the questions below, then hear the thinking of each person in your group, listening rather than judging other's responses. Keep a personal record of the commitments to action you are making.

A heat emergency with many, if not all, the conditions listed in the scenario can occur. The negative impacts are preventable. What can you do to help yourself, your family, neighbors and more distant people you care about to handle such an emergency?

Who are you committed to helping?

What human resources and supplies need to be available? How can they be accessed and safely stored?

How can you and your neighbors coordinate assistance for people in your neighborhood who are unable to care for themselves in a heat or other emergency?

4. Prepare for a Challenging Future

Tools for Conversation

You can improve the safety of your home and neighborhoods. Adapting to extreme weather will be a long-term project. It will take many people and groups working together. We suggest you keep conversation groups small – three to seven. A larger group can be divided into small groups, each with a facilitator. Establish a ground rule: listen to understand, and don't give advice unless it is asked for. Ask participants for their agreement to this before moving into conversations. This is a conversation and commitment process. The process starts in the first part with initiating a round of participant introductions. At this time identify yourself or another member who will serve as a facilitator to keep time and help move the group through the steps outlined in this guide. Commitment comes from a deeper understanding of risk, and that may not happen immediately. Don't insist that people make a commitment, simply encourage the possibility. The following questions will help your group prepare for a challenging future.

What are some of the activities you can imagine to help your community become more resilient in the face of extreme conditions? List a few ideas below:

In small groups share your response to these questions. Take notes in the space provided beneath each question. What can you and your neighbors do to create resilience to withstand heat and other forms of neighborhood stress?

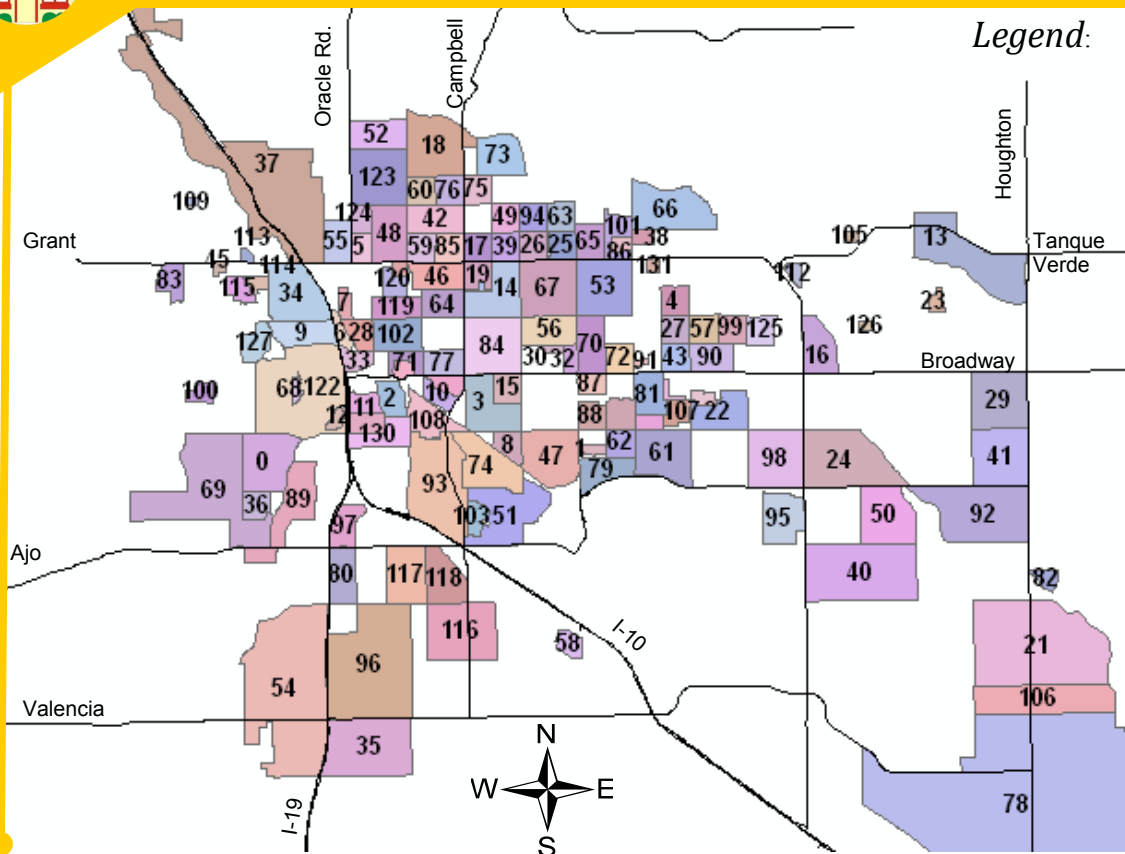
What are the longer term projects you will make a commitment to complete? Consider who will do what within what timeframe. How will costs be shared?

See the Neighborhood Association Map on the next page to identify your community.





Tucson Registered Neighborhood Associations



Legend:

- 0 A Mountain
- 1 Alvernon Heights
- 2 Armory Park
- 3 Arroyo Chico
- 4 Avondale
- 5 Balboa Heights
- 6 Barrio Anita
- 7 Barrio Blue Moon
- 8 Barrio Centro
- 9 Barrio Hollywood
- 10 Barrio San Antonio
- 11 Barrio Santa Rosa
- 12 Barrio Viejo
- 13 Bear Canyon
- 14 Blenman-Elm
- 15 Broadmoor-Broadway
- 16 Broadway/Northeast
- 17 Campbell-Grant
- 18 Campus Farm
- 19 Catalina Vista
- 20 Catalina Vista/Blenman-Elm
- 21 Civano

22 Colonia Del Valle	47 Julia Keen	72 Poets Square	97 Sunset Villa	121 Barrio Kroeger Lane
23 Desert Palms Park	48 Keeling	73 Rillito Bend	98 Terra Del Sol	122 Menlo Park
24 Dietz	49 La Madera	74 Pueblo Gardens	99 Thunderbird Heights	123 Amphi
25 Dodge Flower	50 Lakeside Park	75 Richland Heights East	100 Tucson Park West #1	124 Coronado Heights
26 Doolen-Fruitvale	51 Las Vistas	76 Richland Heights West	101 Vista Del Monte	125 Harold Bell Wright
27 Duffy	52 Limberlost	77 Rincon Heights	102 West University	126 Carriage Hills No. 3
28 Dunbar Spring	53 Garden District	78 Rita Ranch	103 Western Hills II	127 Santiago Hills
29 Eastside	54 Midvale Park	79 Roberts	104 Wilshire Heights	128 Toumey Park
30 El Conquistador	55 Miracle Manor	80 Rose	105 Rancho Perdido	129 Aledea Linda
31 El Cortez	56 Miramonte	81 Rosemont West	106 Mesquite Ranch	130 Santa Rita Park
32 El Montevideo	57 Mitman	82 Saguaro Canyon	107 Desert Aire	131 Arcadia Rose
33 El Presidio	58 Mortimore	83 Saguaro Miraflores	108 Millville	
34 El Rio Acres	59 Mountain First Avenue	84 Sam Hughes	109 Sombras Del Cerro	
35 Elvira	60 Mountain View	85 Samos	110 Miles	
36 Enchanted Hills	61 Myers	86 San Carlos	111 Rosemont East	
37 Flowing Wells	62 Naylor	87 San Clemente	112 Udall Park	
38 Glenn Heights	63 North Dodge	88 San Gabriel	113 Silverbell Terrace	
39 Country Glenn	64 North University	89 Santa Cruz Southwest	114 Silvercroft	
40 Groves Lincoln Park	65 Oak Flower	90 Sewell	115 Brichta	
41 Old Spanish Trail	66 Old Fort Lowell	91 Sierra Estates	116 Cherry Avenue	
42 Hedrick Acres	67 Palo Verde	92 South Harrison	117 Fairgrounds	
43 Highland Vista Cinco Via	68 Panorama Estates	93 South Park	118 Bravo Park Lane	
44 Iron Horse	69 Westside Development	94 Cabrini	119 Feldman's	
45 Ironwood Ridge	70 Peter Howell	95 Stella Mann	120 Northwest	
46 Jefferson Park	71 Pie Allen	96 Sunnyside		



Making Connections

Connections are important during any time of need. Knowing what resources are available and who to call in an emergency can make the difference between a minor problem and catastrophe. The following pages list the community resources and emergency numbers for Pima County.

For ease of use, it is divided by city/towns and categories. Categories include: Disaster Resources, Food Assistance, Shelter and Housing Resources, Animal Resources, Emergency Mental Health Resources, Domestic Abuse Resources, Agriculture and Environmental Resources, Neighborhood Centers, Government, and Government Departments, Police, Fire, Hospitals, and Urgent Care Clinics.

Community Information and Resources



**Pgs.
44-47**

**Pgs.
34-43**

**Emergency and Crisis
Resources**





Community Information and Resources

Tucson:

Disaster Resources:

Tucson Fire Department
300 S. Fire Central Pl.
520-791-4512

Patrick K. Hardesty Center
1100 S. Alvernon Way
520-837-4475

Bretheren Disaster Ministries
2200 N. Dodge Blvd
520-327-5106

St. Vincent de Paul
829 S. 6th Avenue
520-628-7837

Interfaith Community Services
2820 W. Ina Road
520-297-6049

Salvation Army
1001 N. Richey Blvd
520-795-9671

American Red Cross
2916 E. Broadway Blvd
520-318-6740
Disaster Services
520-318-6868

WorldCare
100 N. Stone Ave, #1005
520-514-1588

Southern Arizona Rescue Association
(volunteer rescue)
5990 N. Sabino Canyon
520-295-4555

Medical Reserve Corps of SOAZ
850 N. Kolb Road
520-445-7035

Food Assistance:

Community Food Bank
3003 S. Country Club Road
520-622-0525

Iskashitaa Refugee Network
1406 E. Grant Road
520-440-0100

Casa San Juan Migrant and Family
Center
602 W. Ajo Way
520-798-0834

Casa Maria
401 E. 26th Street
520-624-0312

Impact of Southern Arizona
3535 E. Hawser Street
520-825-0009

Gospel Rescue Mission
Community Ministries Distribution
338 W 28th St
520-740-1501

Lutheran Social Services
6303 E. Tanque Verde, #101
520-748-2300

Tucson Village Farm
4210 N. Campbell Avenue
520-626-5161

Community Gardens of Tucson
520-795-8823

Shelter and Housing Resources:

TMM Family Services
1550 N. Country Club Road
520-322-9557

Habitat for Humanity
3501 N. Mountain Ave
520-326-1217

Community Home Repair
Projects of Arizona
520-745-2055

Rebuild Together Tucson
520-325-0160

Chicanos Por La Casa
2550 E. Fort Lowell Road
520-882-0018

Primavera Men's Shelter
200 E. Benson Hwy
520-623-4300

Gospel Rescue Mission
Men's Shelter
520-740-1501

Women and Children
520-690-1295

The Salvation Army
Hospitality House
1021 N. 11th Ave
520-622-5411

Our Family Services
3830 E. Bellevue
520-323-1708

Animal Resources:

Humane Society of
Southern Arizona
3450 N. Kelvin Blvd
520-327-6088

Friends of Alley Cats
520-850-0001

Hermitage Cat Shelter
5278 E. 21st Street
520-571-7839

Hope Animal Shelter
2011 E. 12th Street
520-792-9200

Pima Animal Care Center
4000 N. Silverbell Road
520-724-5900

Emergency Mental Health Resources:

CODAC Behavioral Health
1650 E. Fort Lowell
520-327-4505
Emergency: 520-622-6000

Pima County Behavioral
Health
3950 N. Country Club Road
520-724-7923
Emergency: 520-622-6000

Domestic Abuse Resources:
Domestic Abuse Hotline
1-800-799-7233

HOPE Helpline
1200 N. Country Club
520-770-1197

EMERGE! Center Against Do-
mestic Violence
2545 E. Adams St.
520-795-8001

COPE Services
Administration
82 S. Stone Ave
520-792-3293

620 N. Craycroft
520-519-8540

732 N. Stone Ave
520-884-9505

1447 W. Commerce Ct.
520-881-0337

1501 W. Commerce Court
520-741-3180

8050 E. Lakeside Parkway
520-584-5820

2345 N. Castro Ave
520-622-8030

101 N. Stone
520-879-6680



Tucson:

Agriculture and Environmental Resources:

Tucson Clean and Beautiful & Trees for Tucson
4004 S. Park Avenue
520-791-3109

Tucson Organic Gardens
520-670-9158

Southwest Victory Gardens
2906 E. Lisbon Place
520-576-7085

Sonoran Permaculture Guild
221 E. Linden

Baja Arizona Sustainable Agriculture
520-331-9821

Tucson Botanical Gardens
2150 N. Alvernon Way
520-326-9686

Watershed Management Group
1137 N. Dodge Blvd
520-396-3266

Native Seeds Search/Bank
3061 N. Campbell Ave.
520-622-5561

Desert Survivors
1020 W. Starr Pass Blvd
520-791-9309

Compost Cats
P.O. Box 210017

Neighborhood Centers:

Impact of Southern Arizona
3535 E. Hawswar Street
520-825-0009

Continental Community Center
9150 N. Coachline Blvd
520-297-7600

Ellie Towne Flowing Wells Community Center
1660 W. Ruthrauff Road
520-887-9786

Northwest YMCA Pima County Community Center
7770 N. Shannon Road
520-229-9001

El Pueblo Activity Center/ Senior Center
101 W. Irvington Road
520-791-4629

Morris K. Udall Center
7200 E. Tanque Verde
520-791-4931

William M. Clements Center
8155 E. Poinciana
520-791-5787

Armory Park Center
220 S. 5th Avenue
520-791-4865

El Rio Neighborhood Center
1390 W. Speedway Blvd
520-791-4683

Fred Archer Neighborhood Center
1665 S. La Cholla
520-791-4353

Quincie Douglas Neighborhood Center
1575 E. 36th Street
520-791-2507

Santa Rosa Neighborhood Center
1080 S. 10th Avenue
520-791-4589

Cherry Avenue Recreation Center
5085 S. Cherry Ave
520-791-4497

Donna R. Liggins Recreation Center
2160 N. 6th Ave
520-791-3247

Edith Ball Adaptive Recreation Center
3455 E. Zoo Court
520-791-5643

Freedom Recreation Center
5000 E. 29th Street
520-791-4969

Marty Birdman Recreation
Center
2536 N. Castro
520-791-5950

Oury Recreation Center
600 W. St. Mary's Road
520-791-4788

Randolf Recreation Center
200 S. Alvernon Road
520-791-4560

Library:

Pima County Public Libraries
Dusenberry-River
5605 E. River Rd.
520-594-5345

Eckstrom-Columbus
4350 E. 22nd St.
520- 594-5285

El Pueblo
101 W. Irvington Rd.
520-594-5250

El Rio
1390 W. Speedway Blvd.
520- 594-5245

Flowing Wells
1730 W. Wetmore Rd.
520-594-5225

Himmel Park
1035 N. Treat Ave
520-594-5305

Joel D Valdez
101 N. Stone Ave.
520-594-5500

Kirk- Bear Canyon
8959 E. Tanque Verde Rd.
520-594-5275

Martha Cooper
1377 N. Catalina Ave.
520-594-5315

Miller-Golf Links
9640 E. Golf Links Rd.
520-594-5355

Mission
3770 S. Mission Rd.
520-791-4010

Murphy-Wilmot
530 N. Wilmot Rd.
520-594-5420

Nanini
7300 N. Shannon Rd.
520-594-5365

Quincie Douglas
1585 E. 36th St.
520-594-5335

Santa Rosa
1075 S. 10th Ave
520-594-5260

Southwest
6855 S. Mark Rd.
520-594-5270

Valencia
202 W. Valencia Rd.
520-594-5390

Wheeler Taft Abbet Sr.
7800 N. Schisler Dr.
520-594-5200

Woods Memorial
3455 N. First Ave
520-594-5445

Government:

Mayor's Office
255 W. Alameda
520-791-4201

Ward 1 Office
940 W. Alameda
520-791-4040

Ward 2 Office
7575 E. Speedway
520-791-4687

Ward 3 Office
1510 E. Grant Road
520-791-4711

Ward 4 Office
8123 E. Poinciana
520-791-3199

Ward 5 Office
4300 South Park Ave.
520-791-4231

Ward 6 Office
3202 E. First Street
520-791-4601

Community Info and Resources 37

Tucson:

Government Departments:

Tucson Office of Emergency
Management and Homeland
Security
520-837-8800

City of Tucson Resource
Directory
520-792-2489

ADA Disability Transportation
and Services
520-791-5409

Environmental Services
4004 S. Park Ave, Bldg. #1
520-791-3171

Household Hazardous Waste
Program
4004 S. Park Ave, Bldg. #1
520-888-6947

Housing and Community
Development
310 N. Commerce Park Loop
520-791-4171

Department of Economic
Security Pima County
1455 S. Alvernon Way
520-872-9100

195 W. Irvington
520-638-2415

3912 W. Ina Road
520-744-5850

Tucson Recycling Info Line
4004 S. Park Ave, Bldg. #1
520-791-5000

Transportation:

Regional Transit Customer
Service Center
4220 S Park Ave
520-792-9222

SunTran
3920 N. Sun Tran Blvd.
520-623-4301

Street Maintenance
201 N. Stone
520-791-3154

Utilities:

Tucson Water
310 W. Alameda
520-791-4331
Emergency-520-791-4133

Southwest Gas
3401 E. Gas Road
877-860-6020
Emergency-520-746-1076

Tucson Electric Power
Company
88 E. Broadway Blvd
520-623-7711
Emergency: 520-623-7711

South Tucson:

Shelter and Housing Resources:

Primavera
151 W. 40th Street
520-882-5383

Library:
Sam Lena
1607 S. 6th Ave
520-594-5265

Neighborhood Centers:

House of Neighborly
Services
243 W. 33rd Street
520-623-0100

John Valenzuela Youth
Center
1550 S. 6th Avenue
520-792-9251

Government:

Mayor and Council
1601 S. 6th Avenue
520-792-2424

Transportation:

South Tucson Transpor-
tation and Flooding
1601 S. 6th Avenue
520-792-2424

Utilities:

South Tucson Public
Works
1601 S. 6th Avenue
520-792-2424

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Pima County:

Disaster Resources:

Pima County Health Department
3950 S. Country Club, Ste 100
520-243-7770

Pima County Office of Emergency
Management and Homeland Security
3434 E. 22nd Street
520-794-9300

Pima Council on Aging
8467 E. Broadway
520-790-0504

Food Assistance:

Greater Littletown Area Human
Resources Group
6465 S. Craycroft Road
520-574-2263

Impact of Southern Arizona
3535 E Hawser St
520-825-0009

Shelter and Housing Resources:

Arivaca Coordinating Council
54 S. 4th Avenue
520-398-2771

Picture Rocks Community Center
5615 N. Sanders Road
520-682-7166

Neighborhood Centers:

Ajo Community Center
410 N. Malacate Street
520-387-5651

Littletown Community Center
6465 S. Craycroft Road
520-574-1404

Robles Ranch Community Center
16150 W. Ajo Highway
520-578-3063

Arivaca Community Center
16012 W. Universal Ranch Road
520-398-3010

Library:

Pima County Public Library-
Caviglia-Arivaca
17050 W. Arivaca Rd
520-594-5235

Dewhirt-Catalina
15631 N. Oracle Rd.
520-594-5240

Salazar- Ajo
15 W. Plaza St. #179
520-387-6075

Animal Resources:

Pima Animal Care Center
4000 N. Silverbell Road
520-724-5900

Pima Animal Care Center
Ajo Office
1259 Well Road
520-387-7502



Pima County:

Government:

Pima County Administrator
130 W. Congress, 10th Floor
520-724-8661

District Offices
130 W. Congress, 11th Floor

District 1:
520-724-2738

District 2:
520-724-8126

District 3:
520-724-8051

District 4:
520-724-8094

District 5 :
520-724-8126

Government Departments:

Pima County Health Department
3950 S. Country Club, Ste 100
520-243-7770

Pima County Office of Emergency Management and Homeland Security
3434 E. 22nd Street
520-794-9300

Pima County Behavioral Health
3950 N. Country Club Road
520-724-7923
Emergency: 520-622-6000

Pima County Regional Flood Control District
97 E. Congress, 3rd Floor
520-724-4600

Pima County Community Development and Neighborhood Conservation
2797 E. Ajo Way
520-734-3777

Transportation:

Pima County Department of Transportation
201 N. Stone
520-740-2639

Marana:

Food Assistance:

Community Food Bank
11734 W. Grier Road
520-682-3001

Library:

PCPL Geasa-Marana
13370 N. Lon Adams
Rd.
520-594-5255

Government:

Mayor and Council
11555 W. Civic Center
Drive
520-382-1900

Government Departments:

DES Pima County
13644 N. Sandrio Road
520-682-6386

Utilities:

Metro Water District
6265 N. La Canada
520-575-8100

Marana Utilities
5100 W. Ina Road
520-382-2750

TRICO Electric Cooperative
8600 W. Tangerine Road
520-744-2944

Oro Valley:

Library:

Pima County Public Library-
Oro Valley
1305 W. Naranja Dr.
520-594-5580

Government:

Mayor's Office
11000 N. La Canada Drive
520-229-4991

Vice Mayor's Office
520-229-4995

Council Members at Large
520-229-4994
520-229-4996
520-229-4992
520-229-4997
520-229-4993

Government Departments:

Oro Valley
Operations Division
680 W. Calle Concordia
520-229-5070

Utilities:

Oro Valley
Water Utility
11000 N. La Canada Drive
520-229-5000



Sahuarita and Green Valley:

Vail:

Food Assistance:

Community Food Bank Green Valley/Sahuarita
250 E. Continental
520-625-5252

Animal Resources:

PAWS Patrol
520-207-4024

Library:

Pima County Public Library-Joyner-Green
601 N. La Canada Dr.
520-594-5295

Sahuarita Library
725 W. Rancho Sahuarita
520-594-5490

Government:

Mayor's Office
375 W. Sahuarita Center Way
Sahuarita, AZ, 85629
520-344-7146

Vice Mayor's Office
375 W. Sahuarita Center Way
520-344-7141

Council Members' Office
375 W. Sahuarita Center Way
520-344-7140
520-344-7145
520-529-3442
520-344-7143
520-344-7144

Green Valley Community Coordinating Council
555 N. La Canada, Suite 117
520-648-1936

Utilities:

TRICO Electric Cooperative
8600 W. Tangerine Road
Marana, AZ 85658
520-744-2944

Community Water Company of Green Valley
1501 S. La Canada Drive
520-625-8409

Farmers Water Company
P.O Box 7
520-879-7474

La Cadera Water Company
520-825-3423

Quail Creek Water Company
520-825-3423

Sahuarita Water Company
725 W. Rancho Sahuarita Blvd
520-399-1105

Food Assistance:

IMPACT of Arizona
13190 E. Colossal Cave Rd.
Ste 130
520-222-4966

State of Arizona:

Arizona Department of Transportation
Tucson District Office
1221 S. 2nd Ave
520-388-4200

Arizona Department of Environmental Quality
33 N. Stone Ave, Suite 700
520-724-7400

Arizona Department of Health Services
150 N. 185th Ave
Phoenix, AZ 85007
602-542-1025



Online Resources:

Information and Referral Guide:
www.az211.org

Arizona Department of Health Services Heat
Emergency Response Plan
<http://www.azdhs.gov/phs/emergency-preparedness/documents/response-plans/heat-emergency-response-plan.pdf>

Trees for Tucson-Home Shade Trees
<https://tucsoncleanandbeautiful.org/trees-for-tucson/>

Be Prepared Tucson
www.bepreparedtucson.com

Pima County Health Department
www.pimahealth.org/heat

Pima Center for Emergency Preparedness
www.fema.gov/community-emergency-response-teams

Weather Warnings
<http://www.wrh.noaa.gov/psr/>

FEMA-Are you ready? A guide to citizen preparedness
<http://www.fema.gov/media-library/assets/documents/7877>



Emergency and Crisis Resources

Tucson:

In case of emergency, please dial 911.

Police Departments:

Tucson Police Department
Operations Division Downtown
(Main)
270 S. Stone Ave
520-791-5032

Operations Division East
9670 E. Golflinks
520-791-5700

Operations Division Midtown
1100 S. Alvernon
520-791-4253

Operations Division South
4410 S. Park Avenue
520-791-4949

Operations Division West
1310 W. Miracle Mile
520-791-4467

Non-emergency number:
520-791-4444

Fire Departments:

Tucson Fire Department
300 S Fire Central Pl
520-791-4512

Drexel Heights Fire District
5030 Camino Verde
520-883-4341

Northwest Fire and Rescue
District
5225 W. Massingale Road
520-887-1010

Pasqua Yaqui Fire Department
4631 W. Calle Torim
520-879-5720

Picture Rocks Fire District
121121 W. Picture Rocks Rd
520-682-7878

Three Points Fire District
14055 W Hunt Rd
520- 822-1086

Ambulance:

Southwest Ambulance
3759 N. Commerce Drive
520-407-4300

Hospitals:

Cornerstone Hospital SE Arizona
7220 E. Rosewood Street
520-546-4595

Kindred Hospital Tucson
355 N. Wilmot Road
520-584-4500

The University of Arizona Medical Center
1501 N. Campbell Avenue
520-694-0111

Carondelet St. Mary's Hospital
1601 W. Saint Mary's Road
520-872-3000

Southern Arizona VA Healthcare
3601 S. 6th Avenue
520-792-1450

Carondelet St. Joseph's
Hospital
350 N. Wilmot Road
520-873-3000

Tucson Medical Center
5301 E. Grant Road
520-327-5461

Kino Community Hospital
2800 E. Ajo Way
520-297-4471

Urgent Care Clinics:

FastMed Urgent Care

5594 E. 22nd Street
520-232-2047

2510 E. Broadway Blvd
520-232-2072

9175 E. Tanque Verde
520-407-5699

2460 N. Swan Road
520-441-5405

1400 N. Wilmot Road
520-884-4999

1895 W. Valencia, #101
520-576-5104

***St. Elizabeth's Health
Center***
140 W. Speedway, Ste 100
520-628-7871

NextCare Urgent Care
6238 E. Pima Street
520-290-0022

4280 N. Oracle Road
520-887-0095

9525 E. Old Spanish
Trail
520-731-3666

5369 S. Calle Santa
Cruz
520-573-7500

501 N. Park Avenue
520-284-9200

Urgent Care Extra

3611 N. Campbell Ave.
520-881-0636

5545 E. Broadway Blvd
520-345-5335

1101 N. Wilmot Rd. 101
520-396-4450

7066 E. Golflinks Road
520-514-0344

Minute Clinic

4365 N. Oracle Road
520-407-2127 ext. 5

8920 E. Tanque Verde
520-760-9188 ext. 5

2601 S. Houghton
520-751-8523 ext. 5

1900 W. Valencia Road
520-807-2288 ext. 5

3832 E. Speedway
520-323-3923 ext. 5

El Rio Community Health Clinic

Main Number:
520-670-3909

1101 E. Broadway Blvd

101 W. Irvington Rd. Bldg 10

839 W. Congress

320 W. Prince Road

1500 W. Commerce Court
Bldg. 1

7940 S. Camino del Oeste
520-879-6225

Concentra Urgent Care

4600 S. Park Ave. Ste. 5
520-889-9574

2005 W. Ruthrauff Rd. # 111
520-293-7250

Northwest Medical Care

4001 E. Sunrise Drive
520-209-7000

3870 W. River Road #126
520-219-6616

13101 N. Oracle Road
520-818-2000

8333 N. Silverbell Road
520-202-7700

1370 N. Silverbell Rd. #170
520-205-8950



Tucson: South Tucson: Pima County:

Marana Health Center

3690 S. Park Ave #805
520-616-6760

8181 E. Irvington Rd.
520-574-1551

1670 W. Ruthrauff Rd.
520-616-6797

1323 W. Prince Rd.
520-887-0800

5000 E. 29th Street
520-790-8500

435 E. Glenn
520-616-1560

2202 W. Anklam Rd
520-616-6790

899 N. Wilmot Bldg. B
520-290-1100

16701 N. Oracle Rd. #135
520-825-6723

Police Department:

South Tucson Police Department
1601 S. 6th Avenue
520-917-1589

Fire Department:

South Tucson Fire Department
1601 S 6th Ave
520-622-3309

Sheriff Department:

Pima County Sheriffs Office
1750 E. Benson Hwy
520-351-4900

Fire Departments:

Ajo-Gibson Volunteer Fire
Department
400 E. Taladro Avenue
520-387-6822

Arivaca Fire District
16091 W. Universal Ranch
Rd
520-398-2003

Mount Lemmon Fire District
13170 N. Oracle Control Rd
520-576-1201

Urgent Care Clinics:

United Community Health Clinic

Three Points Clinic
15921 W. Ajo Hwy
520-407-5700

Arivaca Clinic
17388 W. 3rd Street
520-407-5500

Marana:

Police Department:

Marana Police Department
11555 W. Civic Center Drive
Building B
520-382-2000

Fire Department:

Rural Metro Fire Department
(and ambulance service)
490 W. Magee Road
520-297-3600

Avra Valley Fire District
15790 W. Silverbell Road
520-682-3255

Urgent Care Clinics:

Marana Health Center Main
13395 N. Marana Main
520-682-4111

Continental Reserve Urgent Care

8333 N. Silverbell Road
520-202-7700

Oro Valley:

Police Department:

Oro Valley Police Department
11000 N. La Canada Drive
520-229-4900

Fire Department:

Golder Ranch Fire District
3885 E. Golder Ranch Drive
520-825-9001

Hospitals:

Oro Valley Hospital
1551 E. Tangerine Road
520-901-3500

Urgent Care Clinics:

Southern Arizona Urgent Care
7725 N. Oracle Road #131
520-544-2273

Sahuarita and Green Valley:

Police Departments:

Sahuarita Police Department
315 W. Sahuarita Center
Way
520-351-4900

Fire Departments:

Helmet Peak Volunteer Fire
Department
15490 S. Mission Road
520-940-3101

Green Valley Fire District
1285 W. Camino Encanto
520-629-9200

Hospitals:

Northwest Medical Care
1295 W. Duval Mine Road
520-399-2027

Urgent Care Clinics:

United Community Health Clinic

Green Valley
1260 S. Campbell Road
520-407-5600

Sahuarita Heights Clinic
2875 E. Sahuarita Road
520-576-5770

Vail:

Fire Department:

Coronado de Tucson Fire
99 E. Tallahassee Drive
520-762-5007

Rincon Valley Fire District
550 E. Sands Ranch Road
520-647-3760



About Us

PSR, Arizona was founded in 1982 and is an affiliate of the National organization of Physicians for Social Responsibility, whose mission is to address and work on solutions to the greatest threats to the survival of humankind on the planet, by specifically focusing on the health impacts of these threats. PSR works in coalition with many environmental and social justice organizations with similar goals.

Climate Smart Southwest– (CSSW)

The Project has been organized and supported by the Arizona Chapter of Physicians for Social Responsibility. For details, go to psr.org/azclimate.

In September of 2013, PSR Arizona offered the conference “Climate Smart Southwest” to bring members and leaders of our Southwest communities together to bring attention to the Health Impacts of Climate Change in the Southwest Region. As a result of this conference, CSSW is an ongoing project.

The project’s aim is to focus specifically on the education about and a call to community action to address the anticipated public health impacts of climate change in the Southwest. Arizona is identified as a significant “hot spot” for climate change, where the highest temperatures in the U.S. will continue to be seen. The potential for drought and food insecurity is significant, and cross cultural concerns are major. The Tucson community includes a majority of Hispanics, several large Native American tribes, many international refugees with language and cultural barriers to community action and pockets of poverty and cultural isolation.

CSSW aims to gather climate scientists, public health experts, educators, students, community based environmental and service organizations, and leading members of neighborhoods and cultural groups

in our community and in Southern Arizona to prepare to offer prominent educational and planning, aiming to initiate the process of actively addressing public health consequences of climate change in the Southwest.

Through the offering of stakeholders workshops, it is intended that we encourage and develop new leaders who will promote innovative community organizing strategies for widespread offerings in communities and schools throughout the Southwest region.



CSSW Working Groups:

Building Resilient Neighborhoods

Education about Climate Change

Food and Water Security

Health Systems Preparedness

Mental and Spiritual Health

Cross Cultural and Cross Border
Climate Concerns

CSSW Current Offerings (Go to www.psr.org/azclimate):

- ◆ Conference Report
- ◆ Community preparedness strategies and Resource Guide
- ◆ Ongoing Workshop Strategy Building in the Community
- ◆ Tie in with Municipal Climate Adaptation Planning
- ◆ Public access radio and television presentations
(See psr.org/azclimate/media)
- ◆ Local speakers bureau to educate the community on the following subjects:
 - ◆ Climate Adaptation Planning and Strategies (a framework)
 - ◆ Clean, Safe Renewable Energies for Climate Mitigation
 - ◆ Energy Efficiency as a Climate Adaptive and Mitigation Measure
 - ◆ Extreme Heat (predictions, events, impacts and preparedness)
 - ◆ Emergency Preparedness – resources and planning specific to climate events
 - ◆ Environmental toxins as threats to health and climate change
 - ◆ Food security and Nutrition (threats from heat and drought)
 - ◆ Involving Municipalities (how do we engage all stakeholders)
 - ◆ Mental and Spiritual Health in the Face of Climate Change
 - ◆ Socio-economic and Ethnic Disparities with Climate Change
 - ◆ Vector borne diseases (emerging with climate change)

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