

Video interviews available: 100-degree days arriving soon

Already filmed interviews available; experts can speak about sun and heat safety

Contact: media@bannerhealth.com

PHOENIX (April 25, 2019) – Phoenix is bracing for its first 100-degree day and Banner Health experts are available to offer advice and tips on how to stay safe as we gear up for another long, hot summer.

In addition to offering subject-matter experts, we can provide ready-to-edit videos/voice on tape on summertime safety topics:

- **[Why it's important to drink water](#)**: Robert Porter, DO, Emergency-department director at Banner Goldfield Medical Center and Banner Ironwood Medical Center, shares what he sees in the Emergency department when people aren't well hydrated and discusses long-term consequences of dehydration.
- **[How to keep your children safe around the pool or lake](#)**: Tracey Fejt, RN, injury-prevention coordinator at Cardon Children's Medical Center, talks about the importance of designating adults to watch children around water and gives other critical water-safety tips.
- **[Hydration while hiking](#)**: Robert Porter, DO, Emergency-department director at Banner Goldfield Medical Center and Banner Ironwood Medical Center, provides hydration tips for hikers and others who keep active in summer months.
- **[Bees](#)**: It's safe to assume that the bees you encounter are the more aggressive Africanized bees. Frank LoVecchio, DO, assistant medical director for Banner Poison and Drug Information Center, explains how bee stings can be deadly.

Interested in talking with one of our experts for more information? Contact media@bannerhealth.com

About Banner Health

Headquartered in Arizona, Banner Health is one of the largest nonprofit health care systems in the country. The system owns and operates 28 acute-care hospitals, Banner Health Network, Banner – University Medicine, academic and employed physician groups, long-term care centers, outpatient surgery centers and an array of other services; including Banner Urgent Care, family clinics, home care and hospice services, pharmacies and a nursing registry. Banner Health is in six states: Arizona, California, Colorado, Nebraska, Nevada and Wyoming. For more information, visit www.BannerHealth.com.

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