

Summer

Heat Safety Tips

01.

Stay hydrated

Don't wait until you're thirsty. Drink plenty of cool water, clear fruit or vegetable juices, or athletic drinks that contain electrolytes throughout the day.



02.

Dress for the weather

Best to wear loose, light-colored, cotton clothing. Dark clothing absorbs heat. If you need to be outside, wear a wide brimmed hat and sunglasses for shade.



03.

Be careful outdoors

Use sunscreen. Stay out of direct sunlight. Plan outdoor activities for early morning or after the sun begins to set.



04.

Keep cool

Take a tepid bath or shower. Place cool, wet cloths on your neck, wrists, armpits, and ankles. Keep shades drawn. Limit use of your oven and stove.



05.

Air conditioning

If you don't have AC, check cooling centers such as libraries, community and senior centers, places of worship, movie theaters, shopping centers.

06.

Heat-related illness

Know the symptoms. The CDC has a helpful chart that identifies what to look for and what to do in the event of an illness.

<https://www.cdc.gov/disasters/extremeheat/warning.html>

