



# BEAT THE HEAT

## Keep Cool When the Temperature Soars



Stay indoors and out of the sun, if possible. When outdoors, wear a hat or use an umbrella.



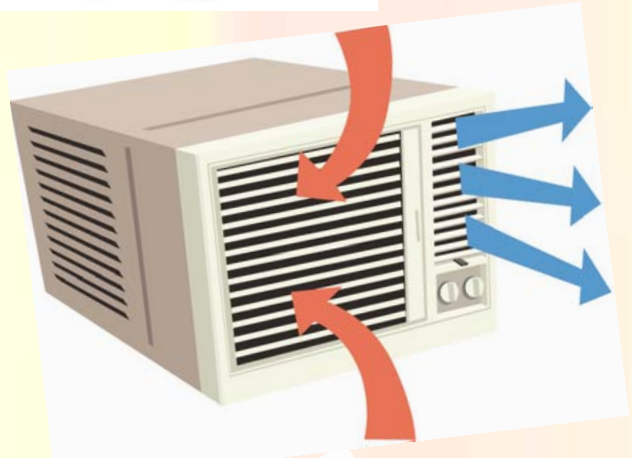
Drink plenty of water, even if you don't feel thirsty.



Avoid beverages containing alcohol or caffeine.



Dress for the Heat! Wear lightweight, light-colored, loose-fitting clothes.



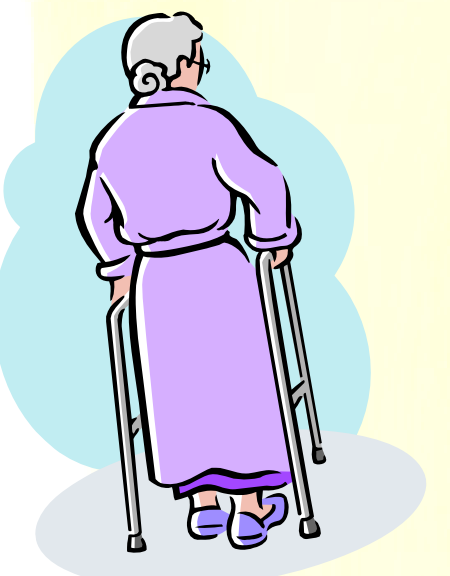
Use your air conditioner or get to an air-conditioned building!



Take cool showers and baths. Use cool towels around face and neck. Keep a spray bottle with cool water handy.



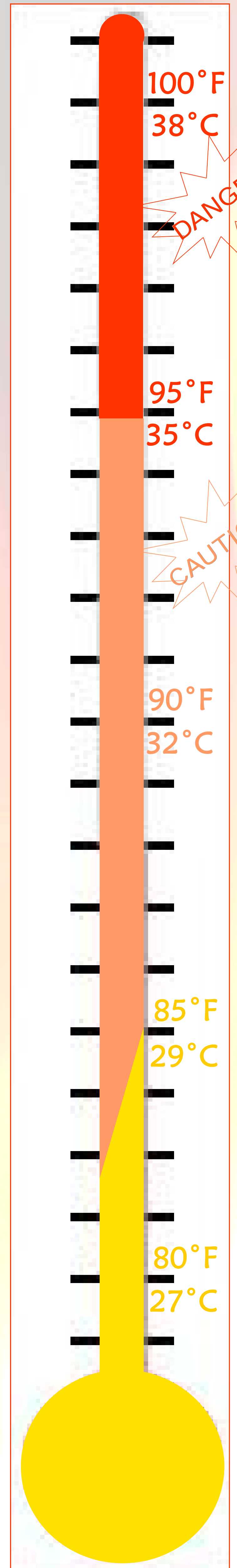
Reduce activity, especially between 11:00 am to 4:00 pm. If you must work outside, do it between sunrise and 8:00 am.



Be a good neighbor. Check on the elderly and those with special needs.



Never leave children, seniors or pets in a parked car.



**HEAT-RELATED SYMPTOMS THAT REQUIRE IMMEDIATE MEDICAL ATTENTION**

- ☀ Heavy sweating, muscle cramping
- ☀ Body temperature of 105°F with hot, dry skin
- ☀ Confusion or unconsciousness

