

BEAT THE HEAT

DRESS LIGHT

Wear loose-fitting clothing



STAY COOL

Stay somewhere with air-conditioning



LEARN

Stay informed and learn how to prevent, recognize and treat heat-related illnesses

EAT LIGHT

Avoid hot foods and heavy meals

STAY SAFE

Never leave infants, pets or children in parked cars



USE SUNSCREEN

Use sunscreen with SPF 15+ when going outside



STAY HYDRATED

Stay hydrated but avoid alcohol and liquids with large amounts of sugar



COOL DOWN

Take a cool shower or bath

