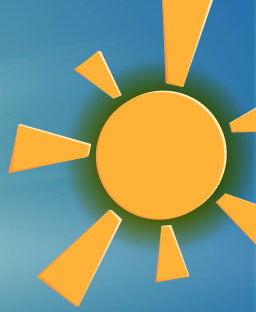


SUMMER HEAT HEALTH TIPS



CLOTHES

Wear lightweight, light-colored, loose-fitting clothing.



WEAR SUNSCREEN

Sunburn affects your body's ability to cool down and can make you dehydrated.



PACE YOURSELF

Cut down on exercise during the heat.



STAY INDOORS

Stay in an air-conditioned home, public library or designated cooling station.



LIMIT OUTDOORS

Go out when it's coolest, like morning and evening hours.



FOODS TO AVOID

Avoid hot and heavy meals. They add heat to your body!



DRINK FLUIDS

Drink more fluids, regardless of how active you are.



CARS GET HOT!

DO NOT leave children or pets in cars. They quickly heat up to dangerous temperatures, even with a window cracked open.



SALT & MINERALS

Heavy sweating removes salt and minerals from the body that need to be replaced.



PETS HYDRATION

Provide plenty of fresh water and leave the water in a shaded area.



HIGH RISK

Infants and young children, adults 65 years or older, those who are overweight or physically ill.



KNOW SIGNS

Learn the signs and symptoms of heat-related illnesses and how to treat them.



CHECK ALERTS

Check your local news for extreme heat alerts and safety tips. Learn about cooling stations in your area.



BUDDY SYSTEM

When working in the heat, monitor the condition of your co-workers and have someone do the same for you.



**Find a Cooling
Station Near You**

For more, go to StayCoolClarkCounty.com.

