



HOW TO PREVENT HEAT-RELATED ILLNESSES?

STAY COOL



- **Wear Appropriate Clothing**
- **Stay Cool Indoors**
- **Schedule Outdoor Activities Carefully:** Try to limit your outdoor activity to when it's coolest, like morning and evening hours.
- **Pace Yourself**
- **Wear Sunscreen**
- **Avoid Hot and Heavy Meals**

STAY HYDRATED

- **Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.
- **Replace Salt and Minerals:** Heavy sweating removes salt and minerals from the body that need to be replaced.
- **Keep Your Pets Hydrated**



STAY INFORMED



- **Check for Updates:** Check your local news for extreme heat alerts.
- **Know the Signs**
- **Monitor Those at High Risk:** Infants and young children, People 65 years of age or older, People who are overweight, People who overexert during work or exercise, People who are physically ill, especially with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation

