



Cool Tips for Hot Weather

Extreme high temperature can lead to heat related illness

- Drink more fluids (nonalcoholic), regardless of your activity level. Don't wait until you are thirsty to drink. Warning: If your doctor limits the amount of fluids you drink or has you on water pills, ask him or her how much you should drink while the weather is hot
- Don't drink liquids that contain caffeine, alcohol or large amounts of sugar, these actually cause you to lose more body fluids. Also, avoid very cold drinks, because they can cause stomach cramps
- Stay indoors and if possible, stay in an air-conditioned place. If your home does not have air conditioning, go to the shopping mall or public library, even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat. You can also call your local Health Department to see if there are any cooling relief centers/shelters in your area
- Electric fans may provide comfort, but when the temperature is in the high 90's, fans will not prevent heat-related illness. Taking cool showers or baths, or moving to an air-conditioned place is a much better way to cool off
- Wear lightweight, light-colored, loose-fitting clothing
- Never leave a person or pet in a closed parked vehicle
- Visit adults at risk at least twice a day and closely watch them for signs of heat exhaustion or heat stroke. Infants and young children of course need more frequent watching
- Infants, young children, people age 65 or older, people who have mental illness, those with physical illness especially with heart disease or high blood pressure are greatest risk of suffering from heat related illness
- Limit your outdoor activity to morning and evening hours
- Try to rest often in shady areas

Protect yourself from sun by wearing a wide brimmed hat and sunglasses and put on sunscreen of SPF 15 or higher, (the most effective products say "broad spectrum" or "UVA/UVB protection" on their labels)