

# EXTREME HEAT SAFETY TIPS

## DO's:

- Stay hydrated!
- Wear light, loose-fitting clothing.
- Pay close attention to babies, toddlers, pregnant and nursing moms, adults over the age of 65, people with pre-existing medical conditions, and pets.
- Keep the windows and blinds closed during the hotter part of the day. Open the windows and use fans to bring in the cooler air in the evening.
- Get bandanas or towels wet and put them in the freezer. Put them on your neck and other pressure points to cool down.
- Hang out in the lowest level of the home (hot air rises).
- Go to public places with air conditioning, like shopping malls, the movies, or the library.
- Learn the symptoms of heat-related illnesses and when to get help.

## DON'Ts:

- Don't drink caffeinated drinks or alcohol.
- Don't eat greasy, heavy, or spicy foods.
- Don't turn on the oven for cooking.
- Don't do heavy exercise or outdoor work in the heat of the day.
- Never leave people or pets in a car.