

Stay **Cool**



Stay **Hydrated**



Stay **Informed**



**Drink Plenty of Fluids:** Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink.

**Stay away from very sugary or alcoholic drinks:** Alcohol and soda actually cause you to lose more body fluid. Alcohol can affect your body's ability to regulate body temperature as well.

**Wear Appropriate Clothing:** Choose lightweight, loose-fitting clothing in light colors that do not attract heat.

**Take Breaks Throughout the Day:** Be sure to take frequent breaks that include time to rehydrate and cool down in the shade.

**Wear Sunscreen:** Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

**Tip:** Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best.

**Check for Updates:** Check the heat index, or the combination of the temperature and humidity levels, on a mobile app or online. When you see heat indexes in the high 90s or above, be especially careful about the amount of time you spend outside.

Know the Symptoms of Heat Exhaustion. It is important to seek professional medical attention if you start to feel ill:

The most common signs and symptoms of heat exhaustion include:

- Confusion
- Dark-colored urine (a sign of dehydration)
- Dizziness
- Fatigue
- Fainting
- Headache
- Muscle or abdominal cramps
- Nausea, vomiting, or diarrhea
- Pale skin
- Profuse sweating
- Rapid heartbeat