Keep Cool & Protect Yourself from the Heat

**Drink plenty of liquids.** Drink water and sports drinks—even if you don’t feel thirsty. Avoid alcohol, caffeine and sugar because they make you lose fluids.

**Limit physical activity.** Avoid physical activity during the hottest time of the day—10am-3pm.

**NEVER leave people or pets in a closed, parked car.**

**Stay in air-conditioned areas.** Help keep cool by spending time at malls, libraries, movie theatres and community centers.

**Cool off by taking a bath or shower.** Cool, plain water baths or moist towels work best. Do not cool children in alcohol baths.

**Wear cool clothing.** Lightweight, light-colored and loose-fitting clothing can help you keep cool. Cotton clothes are good because they let sweat evaporate.

**Do not bundle babies.** Babies do not handle heat well because their sweat glands are not fully developed. Do not put them in blankets or heavy clothing.

**Cover your head.** Wear a wide-brimmed, vented hat or use an umbrella when outdoors because your head absorbs heat easily.

**Wear sunglasses and sunscreen.** Use sunscreen with SPF 15 or higher when outdoors.

**Rest often in shady areas.** Find shady places to cool down when outdoors.