

DURING EXCESSIVE HEAT WAVES

- Drink plenty of non-alcoholic, caffeine-free beverages. Water is the best choice. It is important to drink fluids regardless of thirst, because you can become dehydrated without being thirsty.
- Wear light colored and loose fitting cotton clothing.
- Stay in air-conditioning as much as possible. If your home is not air-conditioned, go to an air- conditioned place such as the mall, a movie theater, or the library.
- Do not run fans in a room with the windows shut – you are only circulating hot air.
- Check **regularly** on elderly or home-bound friends and relatives.
- Eliminate strenuous activity such as running, biking and lawn care work when it **is** hot.
- Eat small meals and eat more often.
- If you must be outdoors, stay out of direct sunlight and seek shade; wear a wide-brimmed hat or use an umbrella to create your own shade.
- If you must be outdoors, use a sunscreen with a SPF (Sun Protection Factor) of at least 15 or higher.
- Ask your physician if you are at particular risk because of any medical condition you have or medication you are taking.

NEVER leave a child or animal unattended in a car, even with the windows down. Make a habit of looking inside the vehicle before walking away. The National Highway Traffic Safety Administration (NHTSA) reminds parents that even cool temperatures in the 60's can cause the temperature to rise well above 110 degrees inside your car.