

Beat the Extreme Heat

During periods of extreme heat, hot weather mixed with outdoor activities can lead to dangerous situations. According to the CDC, people can suffer heat-related illness when their bodies are unable to properly cool themselves. During extreme heat, follow these guidelines to protect yourself and your loved ones.

Source: Centers for Disease Control and Prevention



STAY INFORMED: Check local news for extreme heat alerts.



STAY COOL: If you do not have access to an air-conditioned space, visit a shopping mall or public library for a few hours.



STAY HYDRATED/DRESS APPROPRIATELY: Drink fluids regularly, regardless of activity level. Wear lightweight, light-colored, loose-fitting clothing.



DON'T leave anyone in a closed, parked vehicle.



DO check on elderly friends and neighbors.