

Stay Cool, *Stay Healthy*

Protect yourself and others when it's hot outside by staying cool, staying hydrated, and knowing the symptoms of heat illness.

What is heat illness?

Heat illness happens when you feel sick from overheating. It is caused by an increased body temperature. Heat rash, heat cramps, heat exhaustion, and heat stroke are the 4 most common types of heat illnesses. Heat illness can happen if you are outside too long, do too much exercise, or work in high temperatures and humidity. Here are some ways to stay cool and stay safe:

Stay hydrated

- Drink plenty of water
- Carry a water bottle and refill it throughout the day



Stay cool

- Seek shade
- Stay indoors
- Locate cooling centers



Check the car

- Check that everyone is out of the car
 - Babies & Kids
 - Pets



Schedule outdoor activities carefully

- Do outdoor activities during the coolest parts of the day or evening, if possible
- Limit hard, physical activities



Check on your community

- Elders
- Children
- Pregnant people
- People with chronic conditions
- People without air conditioning
- Livestocks & pets



Stay informed

- Local Public
- Health Offices
- Local News
- Social Media



Limit your time in the sun

- Take breaks when you can
- Too much direct sun can be harmful



Practice sun protection

- Wear sunscreen
- Make sure to cover all sun-exposed areas



Wear cool clothing

- Hats
- UV protected sunglasses
- Light colored clothes
- Loose, airy clothing

