

STAY SAFE WHEN IT'S HOT OUTSIDE

If you feel hot, even if there is not a heat advisory or heat warning, use the following tips to stay safe.



Drink water to help your body handle heat.



Tune in to your local weather forecast on TV, radio, or phone and listen for announcements of heat advisory or extreme heat warning.



Wear light-weight, light-colored clothing. Wear sunscreen and a hat when you're outside.



Do outdoor activities when temperatures are lower, usually before 11am or after 6pm.

To learn more about heat preparedness, visit: [cdc.gov/extreme-heat/about/](https://www.cdc.gov/extreme-heat/about/)

