



# beat the heat

## Protect yourself from heat stress

**HEAT EXHAUSTION SYMPTOMS:** Headaches, dizziness, weakness, lightheadness or fainting; moist skin; mood changes such as irritability or confusion; upset stomach; or vomiting.

**HEAT STROKE SYMPTOMS:** Dry, hot skin with no sweating; mental confusion or losing consciousness; seizures; or convulsions.

**DRESS FOR SUMMER.** Wear lightweight, light-colored, loose-fitting clothing. It reflects heat and sunlight and helps your body maintain normal temperatures.

**DRINK PLENTY OF WATER OR OTHER NONALCOHOLIC FLUIDS.** Drink plenty of water even if you don't feel thirsty. Your body is often dehydrated before you feel thirsty.

**PAY ATTENTION TO WHAT YOU DRINK AND EAT.** Avoid alcohol and caffeinated drinks because they will dehydrate you. Eating heavy meals will increase your body temperature—eating smaller meals more often will keep you cooler.

**PACE YOURSELF.** Reduce or eliminate strenuous activity outside or reschedule to the coolest time of the day—early morning before 10 a.m. is best.

**SPEND MORE TIME IN AIR-CONDITIONED PLACES.** Air conditioning reduces danger from heat-related illness. Spend time each day in an air-conditioned environment.

**DO YOU HAVE HEALTH ISSUES?** Check with your doctor before increasing your fluid intake if you have: heart, kidney or liver disease; epilepsy; a fluid-restrictive diet; or a fluid-retention problem.

## Protect your skin from too much sun

**IT'S COOL IN THE SHADE.** Avoid the sun between 10:00 a.m. and 4:00 p.m. in the summer, even on cloudy days. Seek shade under a tree, umbrella or shelter during this peak time.

**IT'S COOL TO WEAR SHADES.** Wear sunglasses that block UV rays. UV rays can cause cataracts.

**COVER UP WITH CLOTHING.** Wear light-weight, light-colored, loose-fitting clothing that covers your arms and legs. Wear a hat that protects your face, scalp, ears and neck.

**DON'T FORGET SUNSCREEN.** Apply sunscreen lotion with UVA/UVB protection and at least an SPF of 15 or more. Reapply often. Wear sunscreen even if you plan on being in the shade.



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