

How to Stay Safe In the Heat

Stay well hydrated. Plain water is the liquid of choice; diluted fruit juice is fine



Limit your time outdoors between



11 a.m. and 4 p.m.

TRY TO WEAR

WIDE BRIMMED HAT



UV PROTECTED SUNGLASSES



LOOSE FITTING LONG SHIRTS



LOOSE FITTING LONG PANTS

Apply sunscreen 20-30 minutes before going outside



SPF 15 or higher



When in the sun, cover up and stay in the shade

If your home does not have air conditioning



go to the shopping mall, library, recreational facilities or heat-relief shelters