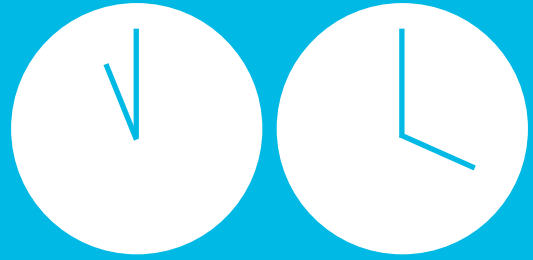


How to Stay Safe In the Heat

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



Limit the time you spend outdoors between



11 a.m. and 4 p.m.

TRY TO WEAR



WIDE BRIMMED HATS



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 doesn't have air conditioning



go to a mall, library, recreational facility or heat-relief shelter