STAY COOL WHEN IT’S TOO HOT

Drink lots of water and fruit juice
Do not drink alcohol, coffee, teas and soda (no caffeine)
Wear loose, lightweight, light-colored clothes
Do not go outside during the hottest time of the day; if you must go out, use sunscreen and wear a hat to block the sun
Keep shades and blinds closed
If you have air conditioning, USE IT. Even two hours per day can help prevent illness caused by heat
If you do not have air conditioning, shut blinds/shades and keep windows opened a little during the day; at night, open windows
If you do not have air conditioning, try to spend at least 2 hours in an air-conditioned shopping mall, restaurant, library or other building
Keep lights turned down low or off
Take cool baths or showers
Eat small meals more often. Fruits, vegetables and salads are best
Do not use salt tablets unless directed to do so by a doctor
Provide extra water and a cool area for pets
Watch the news for the latest warnings about hot weather

Emergency

If you have any of these heat-related symptoms

Hot and dry skin (you are not sweating)
Very slow breathing
Confusion, disorientation, dizziness
Vomiting
Headache
Fatigue
Loss of appetite
CALL 911 IMMEDIATELY