



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

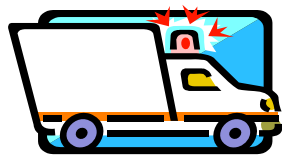
Take cool baths or showers

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