

# Extreme Heat Tip Sheet

*During periods of extreme heat, people should take precautions to prevent heat-related illnesses.  
Stay cool, hydrated, and informed.*



## Stay hydrated

- Drink plenty of fluids, especially water, throughout the day
- Do not wait until you are thirsty before you drink fluids (except if advised to reduce fluid intake by your doctor)
- Avoid drinking alcohol
- Avoid drinks that are high in sugar and caffeine
- Avoid very cold drinks — they can cause stomach cramps



## Stay cool

- Visit air-conditioned places (e.g., malls, libraries) if your home is hot
- Do not use electric fans to cool yourself when the temperature reaches the high 90's and above — blowing air onto your body that is higher than your body temperature can actually increase heat stress
- Wear light-colored, loose-fitting clothing
- Avoid exercising outdoors during the hottest hours of the day (usually between 10:00 a.m. and 5:00 p.m.)
- Take a cool shower or bath



## Stay informed

- Listen daily to the local news for the weather forecast and adjust activities as necessary to stay safe in the heat
- Know the symptoms of heat-related illnesses; be prepared to carry out safety measures and first aid
- Get health and safety information from your local public health department

