Cool tips to Beat the Heat

- **Drink plenty of fluids**: During hot weather, you will need an increase of fluids. Limit drinks that contain caffeine, alcohol or sugar as these tend to dehydrate. Remember, pets need water too!

- **Replace salt and minerals**: Heavy sweating removes vital nutrients from your body. Sports drinks can replace these nutrients.

- **Wear appropriate clothing**: Lightweight, light-colored, loose-fitting clothes are ideal. Cotton fabrics will keep you cooler than many synthetics.

- **Use sun protection**: Wear hats, sunglasses and sunscreen with an SPF of 15 or higher. Sunscreen should be applied 30 minutes prior to outdoor activity and reapplied every two hours.

- **Schedule outdoor activities carefully**: Limit outdoor activity to morning and evening hours.

- **Stay cool indoors**: Stay in air-conditioned buildings. Public libraries and shopping malls are good options. Showers and baths can help you cool off as well.

- **Monitor those at risk**: Infants, young children and the elderly require additional monitoring. **NEVER** leave infants, children or pets in a parked car!

- **Set a buddy system**: When working in the heat, monitor the condition of co-workers and friends and have them do the same for you.

- **Pace yourself**: If you are not used to working or exercising in the heat, take it slow. Allow your body to adjust to temperature changes.

- **Know the signs**: If you are gasping for breath, **STOP** all activity. Heat illness can cause confusion and loss of consciousness.