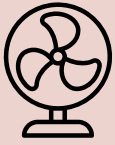
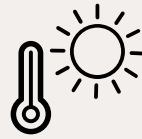


# 8 TIPS FOR HEAT SAFETY

Spending time outdoors is a vital part of summer fun, but sun and heat exposure come with some risk.\* Here are some essential tips on how to be safe during the warmest weeks of the year.



Stay in an air-conditioned indoor location as much as you can. Free public spaces with AC include: libraries, malls, and community centers.



Schedule outdoor activities to avoid the hottest part of the day.



Protect yourself by using sunscreen with SPF 30 or higher. Sunglasses, wide hats, and umbrellas are all excellent tools to protect your body.



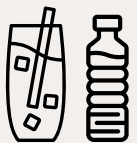
Wear loose, lightweight, light-colored clothing.



Never leave children or pets in cars.



Take cool showers or baths to lower body temperature whenever you feel too hot.



Drink more water than usual and don't wait until you're thirsty to drink more.



Use your stove and oven less and cook outside when possible to keep your home cool during a heat wave.