

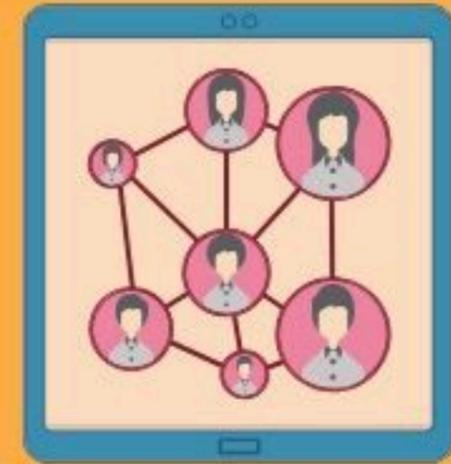
EXTREME HEAT TIPS

from



Keep strenuous activity to a minimum during the hottest parts of the day (11am-2pm) and use a buddy system!

Check on family, friends, and neighbors who do not have air conditioning and who spend much of their time alone. Also, check on seniors, people who are ill or may need extra help frequently.



Make sure you drink LOTS of water, even if you don't feel thirsty, to stay hydrated and prevent dehydration, heat stroke & more.