



STAY SAFE IN THE HEAT

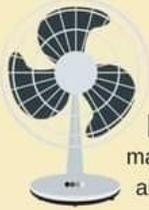
H2O TO GO
take a bottle of cold water with you.



PETS
watch out for hot pavement & provide plenty of water.



ENJOY
cold foods & fruits are more refreshing & contain more water.



BE COOL
make use of fans or air-conditioners to stay cool.



OUTDOORS
limit strenuous outdoor activities.

AVOID
alcohol, coffee, tea and salty foods can make dehydration worse.



WEAR
light-colored, loose fitting clothing.

SHADE
wear a hat, or use an umbrella



BE A BUDDY!

When it's hot, check on family and friends to make sure they are staying indoors and keeping cool!

