

Stay Hydrated: Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat

- Drink more water than usual.
- **Don't wait until you're thirsty to drink more fluids.**
- Drink from two to four cups of water every hour while working or exercising outside.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind others to drink enough water.

Take Care of Yourself and Check on the Most Vulnerable:

- Check on your neighbors, especially the elderly, young children, and those with respiratory illnesses to ensure they are remaining hydrated and have adequate cooling in their homes.
- Infants and young children are sensitive to the effects of high temperatures and rely on others to regulate their environments and provide adequate liquids.
- People who are physically ill, especially those with heart disease or high blood pressure, or who take certain medications, such as for depression, insomnia, or poor circulation, may be affected by extreme heat.

Pet owners are urged to adhere to the following:

- **Provide unlimited access to fresh water, when it's hot or humid outdoors.**
- Offer a shady place to get out of the sun.
- Do not over-exercise pets.
- Keep them indoors when it is extremely hot.
- Avoid hot surfaces, such as asphalt, that can burn your pet's paws.
- **Never leave your animals in a vehicle, even in the shade or with windows cracked. Not only can it lead to fatal heat stroke, it is illegal.**

Stay Cool: Keep your body temperature cool to avoid heat-related illness

- Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.
- Find an air-conditioned shelter. Do not rely on a fan as your primary cooling device.
- Avoid direct sunlight.
- Wear lightweight, light-colored clothing.
- Take cool showers or baths.
- Check on those most at-risk several times a day.
- Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.