

Drink Plenty of Fluids

- When it's hot, you need to drink more, regardless of your activity level. A good rule of thumb is to drink before you are thirsty.
- Avoid drinks with alcohol or large amounts of caffeine or sugar—these can cause you to lose more fluid.



Replace Salt and Minerals

When you sweat, salt and minerals leave your body. Your body needs these. You can replace salt and minerals by drinking a low-sugar sports drink.

Protect Yourself from the Sun

- Wear lightweight, light-colored, loose-fitting clothing.
- Wear a wide-brimmed hat and sunglasses.
- Put on sunscreen with SPF 15 or higher 15-30 minutes before going outside. Choose "broad spectrum" or "UVA/UVB" sunscreen. Reapply every two hours, or more if you'll be sweaty or in the water.



Be Careful About Outdoor Activities

- Limit outside activity to morning and evening hours.
- Rest often in cool or shady areas so that your body can recover.
- Consider choosing activities that will help you stay cool, such as those involving water or swimming.

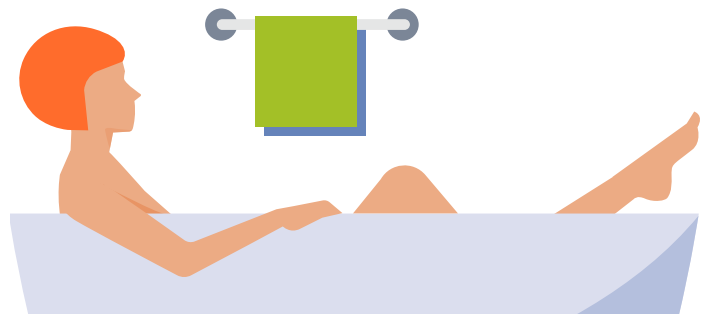
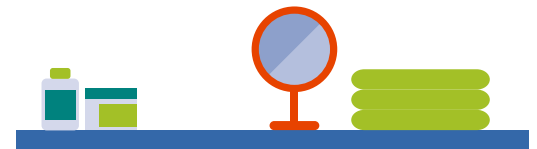
Pace Yourself

Pace yourself in hot weather. Start slow and pay attention to how you feel. If your heart is pounding, you're breathless, or feel weak, confused, or faint, get into the shade or a cool space.



Stay Cool Indoors

- Stay indoors as much as you can and in an air-conditioned space if possible.
- If you do not have air conditioning, go to public space, like a shopping center, library, or local cooling center. Find locations at srhd.org/cooling-center-locations.
- Cool off with a cool shower or bath.
- Avoid eating hot, heavy meals—they just make you warmer.



SOURCES:

"Tips for Preventing Heat-Related Illness," Centers for Disease Control and Prevention, updated August 16, 2022, <https://www.cdc.gov/disasters/extremeheat/heattips.html>.

Heat Stress – Hydration," National Institute for Occupational Safety and Health, Centers for Disease Control and Prevention, DHHS (NIOSH) Publication No. 2017-126, accessed May 23, 2023, <https://www.cdc.gov/niosh/mining/userfiles/works/pdfs/2017-126.pdf>.