

Stay Cool This Summer! Tips & Tools to Prevent Heat-Related Illness

Be Prepared. Stay Safe. Enjoy Summer!

Heat-related illnesses can affect anyone, but especially:

- Older adults
- People with chronic illnesses
- Young children
- Individuals who work outdoors
- Athletes

Tools and Tricks to Beat the Heat

- Use apps like the **CDC Heat & Health Tracker** for real-time heat risk updates
- Set alerts with your favorite **weather apps**
- **Locate local cooling centers** by checking your city's website or calling 211.

For quick relief, try simple DIY hacks: freeze water bottles to use as portable ice packs, place wet towels on your neck or wrists, and create cross-breezes with fans to cool down your space.

Prevention Tips:



Stay Hydrated

- Drink water every 15–20 minutes, even if you're not thirsty.
- Avoid alcohol, caffeine, and sugary drinks.



Dress Smart

- Wear lightweight, light-colored, loose-fitting clothes.
- Use a wide-brimmed hat and sunglasses.



Limit Sun Exposure

- Stay indoors during peak heat (10 a.m. – 4 p.m.)
- Use sunscreen (SPF 30+) and reapply every 2 hours.



Cool Down

- Take cool showers or baths.
- Use fans or air conditioning.
- Visit public cooling centers if needed.



Know the Signs

- Heat Exhaustion: Heavy sweating, weakness, dizziness, nausea.
- Heat Stroke: High body temp (103°F+), confusion, unconsciousness — **Call 911 immediately!**

[Need Help?](#)

[CALL : 1-800-624-2593](#)

[Log On to the Member Portal](#)

