

BEAT THE HEAT!

HEAT SAFETY TIPS

WHO'S AT RISK

Anyone can be affected by extreme heat.

Those most at risk are:

- Older Adults (Aged 65+)
- Infants and Children
- Those with Medical Conditions
- People Without Access to Air Conditioning



DRINK MORE WATER

Avoid sugary drinks and alcohol.

TIP 1

TIP 2

Wear loose, lightweight, light-colored clothing. Plan activities for the cooler times of day.

TIP 3

Check on people at higher risk. Never leave children or pets in cars.