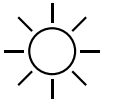


Summer Tips: When it's hot and you're out in it



Sun Exposure: Stay out of the sun as much as you can



- Use a tarp, umbrella or a tent to make a shade.
- Spend time in public spaces with air conditioning.
- Rest often.

Clothes: Wear things that are loose and lightweight



- Wear a hat to protect your face and head.
- Wear light-colored clothes. Dark clothes absorb the sun's rays.
- Air out your feet daily.

Food: Eat light meals even if you are not hungry



- Dairy items like milk and yogurt and cheese will go bad in the heat.
- Do not eat a lot of salty food.
- Some good foods to eat are nuts (protein), melons (sugar & hydration) and bananas (potassium and sugar).

Water: Drink lots of water, even if you are not thirsty



- Carry a bottle of water with you everywhere.
- Drink sports drinks if you can.
- Avoid a lot of caffeine and alcohol- these make it hard for your body to regulate your temperature and make you dehydrated.
- Avoid drinking water from nature like a lake or river unless you have a way to filter or boil it first.

Pets: Give your pet a lot of water



- Keep your pet in cool places or in the shade.
- Soak cloth in water and put them on your pet.
- Limit exercise and long walks.
- Be careful of hot sidewalks and streets. They could hurt your pet's feet.

Health: Keep an eye on yourself and your friends



- **Heat stroke is a medical emergency – Call 911!** Signs of heat stroke: hot skin, no sweating, confusion, vomiting, throbbing headache, rapid and shallow breathing. Get help right away.
- Heat exhaustion can be bad. Signs: a lot of sweating, dizzy, muscle cramps, headache, weak and rapid pulse. Stop all activity, get in the shade, drink water or sports drink, remove extra clothes, use a fan, put wet towel on your head and neck.
- Be careful of sunburns – even on a cloudy day. Wear sunscreen. Apply aloe vera or cider vinegar on the burn to help soothe the skin.

Need to find some help? You can ask 211

- Dial 211 on your phone Mon-Fri, 8 am-6 pm
- Text your zip code to 898211 (TXT211)
Mon-Fri, 8 am-6 pm
- Download the 211info app

