

NATIONAL HEAT AWARENESS MONTH

**Certain health conditions, age groups, and populations are more at risk to heat-related illnesses.
Know YOUR risk!**

SAFETY TIPS DURING A HEAT EVENT:

- **Limit time outside during the hottest part of the day.**
- **Wear light colored, loose-fitting clothing and a hat.**
- **If your home does not have air conditioning, find a public indoor location to keep cool.**
- **Take shade breaks if you are outdoors.**
- **NEVER leave children or pets in the car.**
- **Use sunscreen with SPF 30 or above.**
- **Drink water to stay hydrated.**



For more information visit: bit.ly/3SiwITn