

Heat Awareness

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,
scan the QR code:**

