

Stay Safe When It's Hot Outside

If you feel hot, even if there is not a heat advisory or heat warning, use the following tips to stay safe.



Drink water to help your body handle heat.



Check local weather on TV, radio, or your phone. Listen for heat alerts or warnings about very hot weather.



Wear light-weight, light-colored clothing. Wear sunscreen and a hat when you're outside.



Do outdoor activities when temperatures are lower, usually before 11am or after 6pm.

To learn more about heat preparedness, scan the QR code:

