

# Stay Cool

Heat can make you sick. In some cases, heat can kill you.  
Protect yourself. Stay cool after a flood or hurricane.



## On a hot day:

- ✓ If you can, cool down in a room that is air conditioned.
- ✓ Drink water often. Make sure you drink water that is clean and safe.
- ✓ Wear clothes that are light in color, made for warm weather, and fit loosely.
- ✓ Work or play outside in the morning or evening, when it is cooler.
- ✓ If you work or play outside, take a break in the shade or in a cool room.
- ! NEVER leave anyone in a parked car.

