

IT'S **HOT** OUTSIDE!

CS215352

STAY COOL. STAY HYDRATED. STAY INFORMED.

Drink plenty of water and **don't wait** until you're thirsty to drink.

Drink from two to four cups of water every hour when you exercise or work outdoors.

Avoid alcohol or liquids containing large amounts of sugar.

www.cdc.gov/nceh/extremeheat



Centers for Disease
Control and Prevention
National Center for
Environmental Health