STAY COOL. STAY HYDRATED. STAY INFORMED.

• Avoid using the stove or oven to cook.
• Wear loose, lightweight, light-colored clothing.
• Stay in air-conditioned buildings as much as possible. If you don’t have air-conditioning, find an air-conditioned/cooling shelter in your area.
• Do not rely on a fan as your primary cooling device during an extreme heat event.
• Drink plenty of water and don’t wait until you’re thirsty to drink.
• Check on a friend or neighbor, and have someone do the same for you.

Seek medical care immediately if you have or someone you know has symptoms of heat-related illness like muscle cramps, headaches, nausea or vomiting.

Centers for Disease Control and Prevention
National Center for Environmental Health