



# Hot Weather Tips

No air conditioning? Head for a mall or library.

Minimize cooking.

Drink plenty of water (even if you aren't thirsty!).

Take cool baths or showers.

Wear light-colored, loose clothing.

Sprinkle water over skin or clothes.

Avoid the sun between 11am and 3pm.

Avoid excess alcohol.

Pace yourself & avoid extreme exercise.

Check on vulnerable or elderly neighbors.

**Never leave kids or pets in the car.  
It can get dangerously hot in minutes.**

