

Dealing With Summer Heat!

- Drink more water
- Never leave children or pets in the car
- Wear loose, lightweight clothing
- Schedule outdoor activities carefully
- Wear sunscreen
- Find shade to stay out of direct sunlight



Remember to be safe in the sun!

Resources:

<https://www.cdc.gov/features/extremeheat/index.html>
<https://www.healthdirect.gov.au/hot-weather-risks-and-staying-cool>
<https://www.cdc.gov/disasters/extremeheat/index.html>