

Beat the Heat

Prevent heat-related illness

To prevent heat-related illness, you should take these actions:

- Drink small amounts of water frequently, even if not thirsty.
- Avoid sodas, coffee, sports drinks, and energy drinks.
- Wear lightweight, light-colored, and loose-fitting clothing.
- Rest in the shade.
- Move to an air-conditioned place or take a cold shower in order to cool down.
- Wear sunglasses or wide-brimmed hats, and also apply sunscreen to protect yourself from the sun.
- Report heat symptoms early.
- Remember the three words: water, rest, and shade.

