HEATWAVES
CARING FOR YOURSELF

- Keep rooms as cool as possible
- Use shades to cover windows; maintain cross air ventilation.
- Avoid fans if rooms over 90-95°F
- Find alternative shelter in cooling centers if needed
- Do not leave children or pets in cars

STAY HYDRATED:
- Drink lots of water to stay hydrated
- Avoid alcohol or sugary drinks

Know where to find shelter:
- Cooling places to go: libraries, malls, movie theaters, respite centers

Make sure that all medications are taken in usual way unless advised by health care provider otherwise

Cool down with showers or wet cool towels

Dress in loose cotton clothing; If outside wear wide brimmed hat

Stay informed with weather alerts and radio guidelines
Know how to get help; Keep important phone numbers 911 for emergencies or if you are getting disoriented or confused

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