



# IT'S **HOT** OUTSIDE!

***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 sickness—symptoms like muscle cramps, headaches, nausea or vomiting.



**Centers for Disease  
Control and Prevention**  
National Center for  
Environmental Health