

www.cdc.gov/nceh/extremeheat

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-related illness like muscle cramps, headaches, nausea or vomiting.



**Centers for Disease
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