IT'S HOT OUTSIDE!

STAY COOL. STAY HYDRATED. STAY INFORMED.

STOP
all activity and get to a cool environment if you feel faint or weak.

Drink from two to four cups of water every hour while working. Don't wait until you are thirsty to drink.

Avoid alcohol or liquids containing large amounts of sugar.

Schedule tasks for earlier or later in the day to avoid midday heat.

Wear and reapply sunscreen as indicated on the package.

Encourage co-workers to take breaks to cool off and drink water.

Centers for Disease Control and Prevention
National Center for Environmental Health

CS215352

LEARN MORE

www.cdc.gov/nceh/extremeheat