Stay Cool

Heat can make you sick. In some cases, heat can kill you. Protect yourself. Stay cool after a flood or hurricane.

On a hot day:

- ✔ If you can, cool down in a room that is air conditioned.
- ✔ Drink water often. Make sure you drink water that is clean and safe.
- ✔ Wear clothes that are light in color, made for warm weather, and fit loosely.
- ✔ Work or play outside in the morning or evening, when it is cooler.
- ✔ If you work or play outside, take a break in the shade or in a cool room.
- ! NEVER leave anyone in a parked car.

Recommendations from the Centers for Disease Control and Prevention