



WAYS TO BEAT THE HEAT

STAY COOL AND REFRESHED

1. Stay Cool Indoors:

- Seek out air-conditioned spaces like your home, a library, or a shopping mall.
- If your home lacks air conditioning, try to spend a few hours in an air-conditioned place to help your body cool down when you return home.

2. Stay Hydrated:

- Drink plenty of fluids, even if you don't feel thirsty.
- Water is the best choice, but avoid sugary drinks, alcohol, and caffeine as they can be dehydrating.
- Replace salt and minerals lost through sweating by consuming electrolyte-rich drinks or snacks.

3. Dress Appropriately:

- Wear lightweight, loose-fitting, light-colored clothing to help your body stay cool and reflect sunlight.
- Sunscreen is important to protect your skin from sunburn, which can make it harder for your body to cool down.

4. Schedule Outdoor Activities Carefully:

- Limit strenuous outdoor activities during the hottest parts of the day, typically between 10 am and 4 pm.
- Choose to exercise or work outdoors in the early morning or late evening when it's cooler.
- Take frequent breaks in the shade or air conditioning when you are outdoors.

5. Take Cool Showers or Baths:

- Cool showers or baths can help lower your body temperature and provide relief from the heat.
- Consider using cool cloths on your body as well, especially if you are feeling overheated.

6. Check on Others:

- Check on your friends, neighbors, and family members, especially those who are more vulnerable to heat-related illnesses (older adults, young children, and those with chronic health conditions).
- Ensure they have access to cool spaces, fluids, and are aware of the risks of extreme heat.

7. Never Leave People or Pets in Cars:

- Cars can heat up very quickly, even with the windows cracked, and can reach dangerous temperatures in a short amount of time.
- This is especially dangerous for children and pets who are more susceptible to heatstroke.

8. Be Aware of Heat-Related Illness:

- Learn the signs and symptoms of heat cramps, heat exhaustion, and heat stroke, which can include muscle cramps, heavy sweating, weakness, nausea, headache, and dizziness.
- If you or someone you know is experiencing these symptoms, seek medical attention immediately.



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Greene County

