

BEAT THE HEAT!

DELAWARE COUNTY EMA



Summer Heat Tips

- ✓ **Hydrate:** Staying hydrated is very important, especially during hot weather. Drink water to counteract dehydration during hot and/or humid weather. Water works to lower your body temperature and replace the fluid you lose through sweating.
- ✓ **Clothing:** Wear loose fitting, light colored clothes. Cover as much of your skin as possible. Avoid wearing dark colored clothes as they retain the heat. Large brimmed straw hats are an excellent way to keep the sun off your head, neck and face.
- ✓ **In your home:** If possible use air conditioning or fans to keep indoor temperatures comfortable. Weather strip your doors and windows. Keep shades, blinds and curtains closed to keep heat out.
- ✓ **No air conditioning or fans:** Visit the local library, stores, movie theaters or community facilities to stay cool.

