



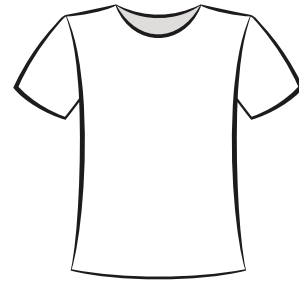
# Excessive Heat

## Avoid Health Problems



### Stay Hydrated

- Drink more water.
- Even if not thirsty, keep drinking.
- Coffee and tea are also options.
- Avoid alcohol and sugary drinks.



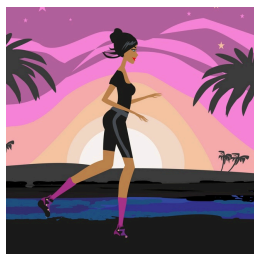
### Dress Lightly

- Wear light clothing.
- Use cotton or linen fabrics.
- Outdoors: wear light-colored clothes and a hat or cap.



### Cool Your Body

- Use cool water.
- Wet your hands, arms, and face (with a damp cloth).
- Soak your feet in a basin of water.



### Move When It's Cool

- Early morning, late afternoon, or evening.
- This applies to housework too.
- Adjust the intensity of your exercise.
- Seek shade as much as possible.



### Keep Your Home Cool

- Close window shades to block the sun.
- Use fans or air conditioning.
- Open windows when it's cooler outside.
- Avoid using heat-producing appliances.



### If It's Hot Inside

- Go to a cool place: Balcony, patio, under an umbrella.
- Visit a cool public place: Outside or inside.



### Protect Against the Sun

- Stay in the shade between 11 a.m. and 3 p.m.
- Wear sunglasses.
- Use an umbrella.
- Apply sunscreen with at least SPF 30



### Medication in Heat

- Ask the pharmacy how to store medicine in hot weather.
- Consult a doctor if you need to adjust medication doses.



### Care for Others

- Help young children, elderly, disabled, and chronically ill individuals.
- Visit or call regularly.