

KEEP COOL WHEN IT'S HOT!

Tips to stay cool and safe during extreme heat.



**Check on neighbors,
family and friends
several times a day
to be sure they
are keeping cool.**

- If you live alone, check in with family and friends to let them know you are okay.
- If you do not have air conditioning go to a cooling center, mall, movie theater, or visit a friend or family member who has air conditioning.
- Drink plenty of water, even if you aren't feeling thirsty. Avoid drinks with alcohol, caffeine or added sugar.
- Eat fruits with high water content such as watermelon, pineapple, grapes, strawberries, peaches, apples or pears.
- Avoid exposure to indoor temperatures of 85° or above for extended periods of time.
- Limit use of the stove or oven to keep indoor temperatures down, and avoid eating hot, spicy or heavy foods.
- Wear loose-fitting clothing in natural fabrics such as cotton. Dress in light colors that will reflect the sun and heat rather than darker colors that will attract them.
- Take a cool bath or shower to lower your core body temperature on extremely hot days.

Warning signs of heat illness include a body temperature of over 103°, dry and red skin with no sweating, rapid pulse, headache, dizziness, confusion and nausea. If you or someone you know have these warning signs, seek medical attention immediately.



For more information on extreme heat or heat illness, visit www.wicomicohealth.org or www.cdc.gov.



Public Health
Prevent. Promote. Protect.
Wicomico County
Health Department