



CERT Monthly Safety Tip

Protect Yourself in Extreme Heat

- Stay in an air-conditioned location as much as possible. Add a fan, if necessary.
- Take cool showers or baths to cool down.
- Stay inside during the hottest part of the day.
- If you must be outside, wear loose, lightweight, light-colored clothing and a hat. Apply sunscreen. Pace yourself.
- Avoid strenuous outdoor activities.
- Drink plenty of fluids even if you don't feel thirsty.
- Fruit juice and sports drink may help to replace salt and minerals. Avoid alcohol.
- Never leave children or pets in cars. It can be fatal.
- Check on friends and neighbors and have someone do the same for you.
- Recognize that Heat Exhaustion and Heat Stroke are medical emergencies
- Check local news for health and safety updates

For more details go to <https://www.delwebblwrcert.org/>