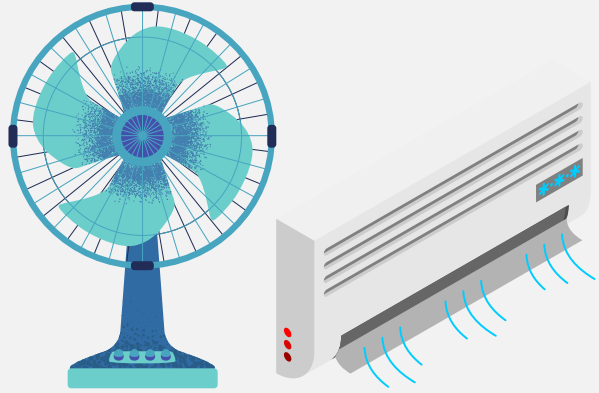


Preparing for Extreme Heat

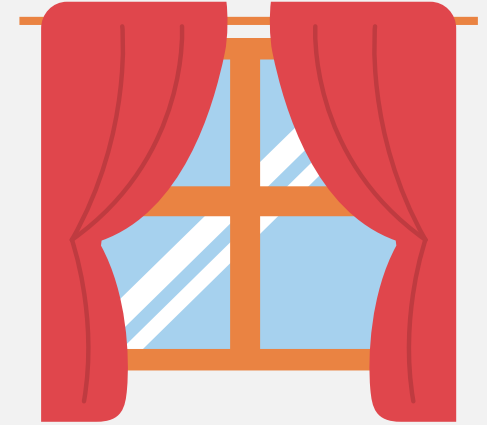
If you are expecting extreme heat in your area, check to see if your home's fans or air conditioning are working.



You can add towels around your doors and windows to keep the cool air inside.



Cover windows that receive a lot of sun with drapes or shades to keep rooms from getting hot.



Drink plenty of water and avoid salty foods.



Try to stay in air conditioning or on the lowest floor of a building.



Wear loose, lightweight clothes and wear a hat that will protect your face from the sun.



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Preparing for Extreme Heat

Never leave children or pets alone in vehicles.



If you start to feel body cramps or exhaustion, go to a cool area and drink water or a sports drink.



If you have to work outside, try to have someone with you so you can help each other if needed.

