



BEAT THE HEAT

CLIMATE CHANGE

Extreme heat causes more deaths each year than hurricanes, lightning, tornadoes, earthquakes, and floods combined.

WHO'S AT RISK?

Adults over 65, children under 4, people with existing medical problems such as heart disease, and people without access to air conditioning.

FOR MORE DETAILS ON OUR SUMMER SAFETY CAMPAIGN, PLEASE VISIT SEPIINC.COM

STAY HYDRATED

When temperatures start rising, it's important to stay hydrated to prevent heat-related illnesses. Protect yourself from dehydration by following these steps.



PACE YOURSELF

Try to limit the amount of time you spend in the heat when exercising or working outside until your body adjusts to the temperature. Listen to your body when it's calling for rest to avoid getting sick.



ALWAYS DRINK WATER

You sweat more when it's hotter, so it's important to replace the fluids that your body loses. Always have a bottle of water on hand so you can stay hydrated throughout the day.



CONSIDER AIR-CONDITIONING

If it's getting extremely hot at home, consider getting air-conditioning to prevent heat-related illnesses. You can also opt to visit the library or mall to cool off.



AVOID ALCOHOLIC DRINKS

While nothing beats a cold beer on a hot day, it only causes you to urinate more, which can lead to dehydration. When you're craving a drink, water is still the best option.



NATURAL FLAVORING

If plain water is too boring, try infusing it with natural flavors from fruits, such as strawberries or lemon.



SPORTS DRINKS WHEN WORKING OUT

When working out, be sure to replace the fluids your body loses from sweating. Go for sports drinks since they have electrolytes and nutrients to keep you hydrated.



DITCH THE SODA

Avoid the unwanted calories and unnecessary sugar you'll get from soda. The healthiest option for quenching thirst is still water.

STAY COOL

- Find an air-conditioned shelter
- Avoid direct sunlight
- Wear lightweight, light-colored clothing
- Take cool showers or baths
- Do not rely on a fan as your primary cooling device

STAY INFORMED

- Check local news for extreme heat alerts and safety tips
- Visit CDC's Environmental Public Health Tracking Network to learn more about climate change and extreme heat

INFORMATION PROVIDED BY

SURVIVALLIFE.COM & CDC.GOV/EPHTRACKING



COMMUNICATION