

The image shows a close-up of a thermometer with a yellow and orange gradient. The word "HEAT" is written in large, white, bold, sans-serif capital letters. Below it, the word "WAVE" is written in a stylized, orange-to-red gradient font with a white outline. The thermometer scale is visible in the background, with numbers like 10, 20, 30, 40, 50, 60, 70, and 80. A sun icon is partially visible on the left side of the thermometer.

# HEAT WAVE

## Preparedness Tips

### During a heat wave:

- Avoid direct sun and heat.
- .. Avoid strenuous activity during the hottest part of day: 11:00am – 4:00pm.
- Stay indoors and stay cool with an air conditioner or electric fan.
- Close blinds, drapes, doors and windows to keep heat out during the day.
- Keep electric lights down or off.
- Drink plenty of water regularly and often. Avoid alcohol, caffeine and sugar.
- Eat small meals. Avoid foods high in sodium.
- Wear light-colored, lightweight, loose fitting clothing.
- If you have a baby, be aware of heat risks. Consider a cool, not cold water bath.
- Do not leave people or pets alone in parked cars.
- Apply cool damp towels to wrists and back of neck. Sit in front of a fan to increase evaporation.
- If you must go out, public buildings such as libraries, senior centers, movie theaters, grocery stores or shopping malls may provide air-conditioned refuge during the hottest part of the day.
- Call 911 for any serious heat related medical conditions.