



- Wear loose, lightweight, light-colored clothing
- Wear sunscreen. Sunburn affects your body's ability to cool down and can make you dehydrated. Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels- these products work best.
- Stay in air-conditioned buildings as much as possible
- Do not rely on a fan as your primary cooling device during an extreme heat event
- Drink plenty of water and **don't wait** until you're thirsty
- Check on a friend or neighbor who may need assistance
- **Call 9-1-1** if you see the signs of a heat-related emergency:
 - Muscle Cramps
 - Headaches
 - Nausea
 - Vomiting

Never leave infants, children, or pets in a parked car.

For more information, visit www.cdc.gov/extremeheat

www.championsfire.org