

### **What to Do During Extreme Heat:**

- Slow down. Avoid strenuous activity. Reduce, eliminate or reschedule strenuous activities.

High-risk individuals should stay in cool places.

Get plenty of rest to allow your natural "cooling system" to work. If you must do strenuous activity, do it during the coolest part of the day, which is usually in the morning and evening. Many heat emergencies are experienced by people exercising or working during the hottest part of the day.

- Avoid too much sunshine.

Sunburn slows the skin's ability to cool itself. The sun will also heat the inner core of your body, resulting in dehydration. Use a sunscreen lotion with a high sun protection factor (SPF) rating.

- Postpone outdoor games and activities. Extreme heat can threaten the health of athletes, staff, and spectators of outdoor games and activities.
- Avoid extreme temperature changes. A cool shower immediately after coming in from hot temperatures can result in hypothermia, particularly for elderly and very young people.

### **What Not To Do During Extreme Heat:**

- Do not leave children or pets in parked vehicles.
- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
- Avoid high-protein food.