**BEAT THE HEAT**

**Keep Cool When the Temperature Soars**

- Stay indoors and out of the sun, if possible. When outdoors, wear a hat or use an umbrella.

- Drink plenty of water, even if you don’t feel thirsty.

- Avoid beverages containing alcohol or caffeine.

- Dress for the Heat! Wear lightweight, light-colored, loose-fitting clothes.

- Use your air conditioner or get to an air-conditioned building!

- Take cool showers and baths. Use cool towels around face and neck. Keep a spray bottle with cool water handy.

- Reduce activity, especially between 11:00 am to 4:00 pm. If you must work outside, do it between sunrise and 8:00 am.

- Be a good neighbor. Check on the elderly and those with special needs.

- Never leave children, seniors or pets in a parked car.

**HEAT-RELATED SYMPTOMS THAT REQUIRE IMMEDIATE MEDICAL ATTENTION**

- Heavy sweating, muscle cramping
- Body temperature of 105°F with hot, dry skin
- Confusion or unconsciousness

San Joaquin County Public Health Services
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