

# Summer Heat Safety

## *Why should I worry about the heat?*

Summer heat can be serious, even deadly, if your body cannot cool off fast enough from rising temperatures.

## *How can I avoid getting sick from the heat?*

### **Stay cool:**

- Stay in air conditioning as much as possible
- Take a cool bath or shower
- Schedule outdoor activities for the morning or evening
- Wear light, loose-fitting clothing
- Use SPF 15 or higher sunscreen and reapply regularly
- Never leave people or pets in the car

### **Stay hydrated:**

- Drink plenty of fluids, even if you don't feel thirsty
- Skip very sugary or alcoholic drinks

### **Stay informed:**

- Check for local news updates on extreme heat alerts
- Know the signs of heat-related illnesses
- Watch out for those more vulnerable in the heat

## *Who is the most vulnerable in extreme heat?*

- Infants and young children
- Adults older than 65
- People who are overweight
- People who overexert during work or exercise, are ill, have health issues, or take certain medications

**For more information:** Visit the [CDC Extreme Heat webpage](https://www.cdc.gov/extremehat/).



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