

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/).



7/24

Health  Whys
A public health message from
BlueRidgeHD.org



7/24

Health  Whys
A public health message from
BlueRidgeHD.org



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/).