

10 TIPS FOR STAYING COOL THIS SUMMER

1. Hydrate! Drink 2-4 glasses of water per hour.
2. Avoid soda and other drinks containing caffeine and high sugar content, including alcohol (these lead to dehydration).
3. NEVER leave children or pets in the car.
4. Stay indoors in air-conditioning if possible and avoid going outside during peak heat (11AM-4PM).
5. If you have to go outside, wear loose, lightweight, light-colored clothing, a hat, and sunscreen.
6. Take cool showers or baths to cool down.
7. Soak your sheets in cold water and squeeze out before bed (if you have a fan, turn it on!).
8. Keep windows closed & curtains drawn during the day; open windows at night.
9. Check on your neighbors and friends.
10. Watch out for signs of heat-related illnesses (dizziness, headache, nausea, confusion).



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