

Safety Tips to Beat the Heat

Summer heat can be more than uncomfortable; it can threaten your health, especially for older adults and children. Hot and humid weather can make it more challenging for your body to cool down, leading to heat-related illnesses. Three types of such illnesses include heat cramps, heat exhaustion and heatstroke. If left untreated, they can become life-threatening.



Don't let the summer heat get the best of you. Consider the following tips to prevent heat-related illness:

- Drink plenty of fluids.
- Eat light, refreshing foods.
- Wear lightweight, light-colored and loose-fitting clothing.
- Apply sunscreen and wear a wide-brimmed hat and sunglasses.
- Do chores or other outdoor activities in the morning or evening.
- Stay indoors as much as possible or take breaks from being outside.

Keeping these tips in mind means you're on your way to beating the heat. Learn more about the symptoms of heat-related illnesses below.

The Warning Signs of Heat-related Illnesses

Heat Cramps	Heat Exhaustion	Heatstroke
 Heavy sweating	 Heavy sweating	 Body temperature above 103 F
 Muscle cramps	 Cold, pale and clammy skin	 Hot, red, dry or damp skin
 Fatigue	 Nausea or vomiting	 Rapid, strong pulse
 Thirst	 Dizziness or fainting	 Confusion