



CERT Monthly Safety Tip

Staying Safe in Extreme Heat

STAY COOL -- Use A/C or a fan, wear light, loose-fitting clothing, and keep your skin wet with a spray bottle, cool damp cloth, or cool showers. As we age, we don't adjust to temperature changes as easily.

STAY HYDRATED -- Drink plenty of water before you feel thirsty, especially when outdoors or active. Try drinks with electrolytes. Avoid alcoholic beverages and drinks high in sugar or caffeine.

LIMIT SUN EXPOSURE -- If you must go outdoors, do it in the morning or evening and find shady areas to rest. Avoid strenuous activities. Wear a wide-brimmed hat and sunscreen with a high SPF.

CONSIDER PETS – Keep pets indoors unless necessary and keep them off hot pavers and asphalt. Watch for heavy panting, drooling, vomiting, disorientation and convulsions.



Del Webb CERT provides safety education and training.
Check out more on our website: DelWebbLWRCERT.org