



Heat Safety Tips

High temperatures increase the risks of heat cramps, heat exhaustion, and heat stroke. Here are some tips for staying cool and safe on hot summer days.

Stay Cool

- **Wear appropriate clothing and use sunscreen.** Wear light-colored clothing to keep cool—dark colors absorb the sun's heat. You can also protect yourself from the sun by wearing a hat, sunglasses, and using sunscreen of SPF 15 or higher 30 minutes before you go out. Look for sunscreens that say “broad spectrum” or “UVA/UVB protection” on their labels.
- **Stay cool indoors.** Use air conditioning or find places in your neighborhood where you can cool off, such as a library or shopping mall. Remember: When the temperature is in the high 90s, fans will not prevent heat-related illnesses. Taking a cool shower or moving to an air-conditioned place is a better way to cool off on very hot days.
- **Try to limit outdoor activities** to mornings and evenings on hot days.

Drink Up!

- **Keep drinking** water or juice, even if you don't feel like it. Try to avoid alcoholic or very sugary beverages because they can dehydrate your body. Remember to drink water or sports drinks before, during, and after exercising.
- **Give your pets plenty of fresh water** and leave the water in a shady area.

Stay Informed

- **Know the signs** of [heat-related illnesses](#), and how to treat them.
- **Monitor the weather.** Watch your local news or visit [National Weather Service–Boston](#) for advisories and alerts.

Take Care of Others

- **Never leave children or pets in cars.** Cars can heat up to dangerous temperatures in a very short time, even with the windows open. Children and babies left in parked cars are at greatest risk of getting heat stroke or dying.
- **Check on elderly neighbors twice a day during a heat wave.** Young children and people with chronic health conditions should also be monitored for heat-related illnesses.
- **Call 911** if you see someone with signs of heat stroke. What to look for: high temperature; hot red, dry, or damp skin; fast, strong pulse; headache; dizziness; nausea; confusion; and losing consciousness (passing out). Heat stroke can be fatal, so it is important to get immediate medical attention.

Adapted from the Centers for Disease Control and Prevention's [Tips for Preventing Heat-Related Illness](#) and [Warning Signs and Symptoms of Heat-Related Illness](#).

