

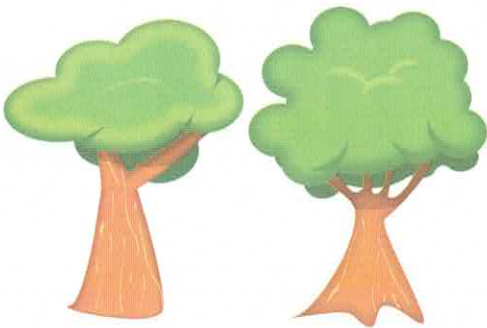
It is going to be hot this summer!



It is important to stay safe and cool when it gets really hot.



Make sure to drink lots of cool water to stay hydrated.



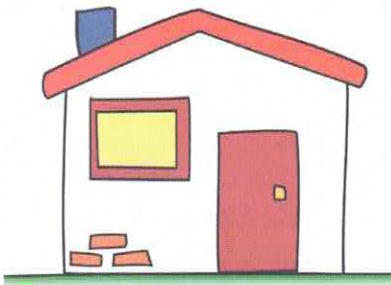
When you go outside, try to stay in the shade.



Wear a hat.



Wear sunscreen.



Stay inside and do indoor activities between 1:00pm - 5:00pm, when it is the hottest.



Do outdoor activities in the morning, when it is cooler.



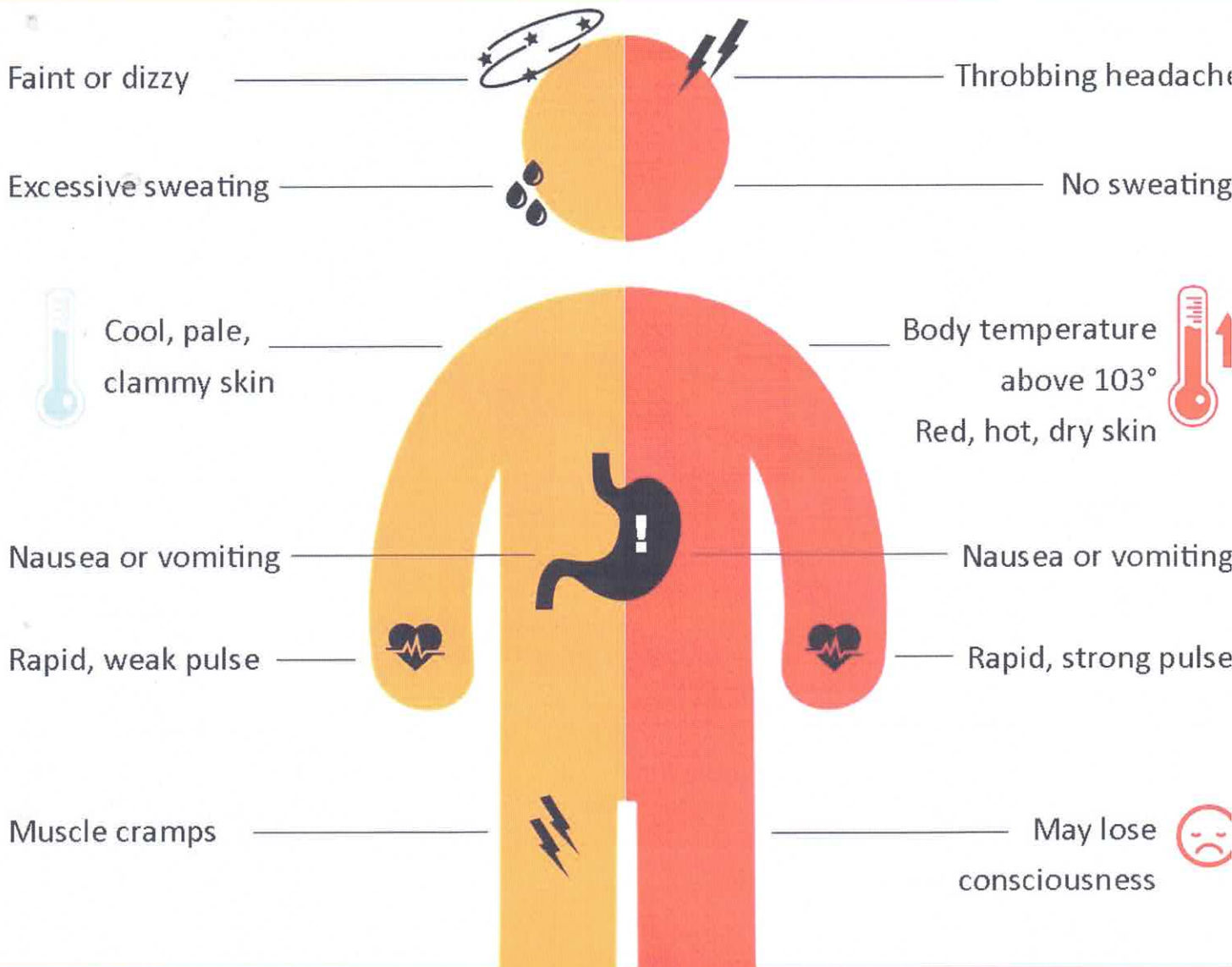
Try to avoid cooking with your stove or oven, since this will heat up your house. Cook and bake when it is cooler and heat things up in the microwave when it is time to eat, or use crockpots or other methods of cooking.

****Following these tips will keep you cool and safe when it is hot. But, if you are experiencing symptoms of heat exhaustion, make sure to get in touch with a family member, home share provider, REALM worker, or call 9-1-1****

HEAT EXHAUSTION

OR

HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives