

EXCESSIVE HEAT CONDITIONS TODAY

Here are some tips for staying healthy and cool during today's hot weather:

Drink more fluids (nonalcoholic) and avoid fluids with a high sugar content as they may cause you to lose more body fluids. Do not wait until you feel thirsty to drink.

Avoid heavy and hot meals which can increase body heat.

Stay indoors if possible. If your home is not air conditioned, visit an air conditioned mall, theater, library or museum.

A cool shower or bath will help you to cool off.

Wear light weight, loose-fitting clothing, and don't forget to wear sunblock and sun glasses when you go outdoors.

Senior Citizens, infants and young children, and those who suffer from chronic health conditions are more prone to heat stress.

Frequently check in on elderly family members, neighbors and friends during the day to be sure they are okay.

If you must be outdoors, plan your activities for early morning and late afternoon.

Never leave children or pets alone in the car. Even if a window is left slightly open, the inside temperature can increase by 20 degrees within 10 minutes.

Be sure to provide water for your pets at all times.

Stay tuned to your local news and weather stations for health and safety updates during the hot weather conditions.