

Beat the Heat: Stay Safe During Extreme Heat

Hot weather can be dangerous if proper precautions aren't taken. Follow these tips to stay safe during extreme heat:

1. Stay Hydrated:

- Drink plenty of water throughout the day, even if you're not thirsty.
- Avoid alcohol, caffeine, and sugary drinks, which can dehydrate you.

2. Dress for the Weather:

- Wear lightweight, light-colored, loose-fitting clothing.
- Use sunscreen and wear a hat and sunglasses when outdoors.

3. Limit Outdoor Activities:

- Avoid strenuous outdoor activities during the hottest part of the day (10 a.m. to 4 p.m.).
- Take frequent breaks in shaded or air-conditioned areas.

4. Cool Down Indoors:

- Seek air-conditioned spaces like campus libraries, student centers, or classrooms to cool off.
- Take cool showers or use a damp cloth to cool your skin if you feel overheated.

5. Know the Signs of Heat-Related Illness:

- **Heat exhaustion:** Symptoms include heavy sweating, weakness, dizziness, nausea. Move to a cooler place and hydrate immediately.
- **Heat stroke:** Symptoms include confusion, dry skin, and rapid pulse. This is a medical emergency—call 911 immediately.

Remember: Stay cool, stay hydrated, and take breaks indoors to avoid heat-related illnesses during extreme heat conditions.

