



# PROTECT YOURSELF AND FAMILY DURING EXTREME HEAT EVENTS WITH THESE TIPS

Learn more at [HeatReadyCA.com](https://HeatReadyCA.com)



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# 1

## STAY COOL

Avoid being outside in the direct heat for a long time. Try to stay in air-conditioned spaces, at home with your A/C set between 75-80, or at your local library, shopping mall, or community center. If staying home, keep blinds closed and wear loose, light-colored, lightweight clothing.



# 2

## STAY HYDRATED

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Sip water all day and consider supplementing with sports drinks. Avoid caffeine and alcohol.





# 3

## LOOK AFTER EACH OTHER

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Check in on friends and family and ask them do the same for you.

