



STAYING COOL WHILE SHELTERING-IN-PLACE

- Stay hydrated
- Stay indoors
- If you must be outdoors, do so in the morning while it's cool
- Apply damp rags or cloth to the head, neck and body
- Consider using ice packs
- Dip your feet in cold water for a few minutes
- Use fans
- Consider placing a bucket of ice in front of the fan
- Wear light clothing
- Avoid heavy/strenuous activity
- Do not leave animals or vulnerable persons in the car
- If you are experiencing an emergency, please call 911