Stay Cool in Hot Weather
Summer is fun!

- Summer is a good time to:
  - Go swimming
  - Ride a bike
  - Walk
  - Have a picnic

- But summer can also be very hot.
Stay Cool!

- If you get too hot…
  - You can get sick.
- Here are some tips on how to **stay cool**!
How do you stay cool?

1. Keep your body cool.
2. Keep your house cool.
Keep your body cool.

- Drink plenty of water.
  - Drink a small glass of water every hour.
- Wear cool clothing.
  - Wear clothes that are loose.
  - Wear light colors.
  - Wear clothes made out of cotton.
- Exercise early in the morning.
  - It is cooler in the morning.
Keep your body cool.

- Take a cool shower.
- Wet a cloth or scarf and...
  - Put it on your neck.
- When it gets really hot:
  - Go someplace where it is cool...
  - Like a mall or a movie theater.
Keep your house cool.

- Open the windows in the morning and at night.
  - Let the cool air in.
- Keep the windows closed during the day.
  - Keep the hot air out.
- Keep your curtains closed during the day.
  - Keep the cool air inside.
Keep your house cool.

- Turn things off when you’re not using them, like:
  - Lights, computers
- Use your microwave instead of the oven.
- When the air conditioner is on:
  - Keep doors and windows closed
  - Use a fan to circulate the cool air through the house
If the air conditioning goes off…

- If it is really hot, your house can lose power.
- Your air conditioning may not work.
- You can stay cool by:
  - Using a battery powered fan
  - Putting a bowl of ice in front of the fan
Why stay cool?

- If you get too hot, you can get sick.
- You could:
  - Feel dizzy and weak
  - Have a headache or throw up
  - Sweat a lot
If you get too hot, you should:

- Get out of the sun – get into the shade
- Sponge with wet cloth and cool water
- Drink something cool
If you get too hot…

- Call 911 if:
  - You have a high temperature
  - You feel dizzy and confused
  - Your skin is hot and dry but you aren’t sweating

- Tell them you have a medical emergency.

- Tell them how you are feeling.
More About How to Stay Cool

“15 Ways to Keep Cool”  

“Preventing Summer Heat Illness”  
http://www.dds.ca.gov/HealthAdvisory/docs/HotWeatherPrevention.pdf
Information for Your Helpers

- Community Care Licensing Division: “Tips for Licensees to Prevent Heat-Related Illnesses”

- “Heat Illness Prevention: What You Need to Know”
  http://www.dir.ca.gov/dosh/HIP.pdf