Tips to Beat the Heat

- Wear loose, light and breathable clothing
- Drink more liquids. Don’t wait until you’re thirsty to drink.
- Don’t drink liquids that contain caffeine, alcohol, or large amounts of sugar – these will cause you to lose more body fluid.
- On extremely hot days, stay indoors and limit outdoor activity to morning and evening hours.
- Take a cool shower or bath. For temporary relief, run cool water over the insides of your wrists or wear a cool, moistened bandana around your neck.
- When indoors, control sunlight where possible. Direct sunlight will rapidly increase the room temperature.
- Stay away from hot foods and drinks. Also, go easy on protein rich foods when you’re overheated – protein breakdown increases the body’s heat production.
- Fresh fruits and veggies are great snacks that contain a lot of water to assist in hydration.

Warning: Working or exercising in hot weather and not drinking enough fluid can put one at risk for heat exhaustion. Signs of heat exhaustion include: heavy sweating, muscle cramps, tiredness, weakness, dizziness, headache, nausea, and fainting. Practice cool down tips if any of these symptoms are evident. If symptoms are severe, seek medical attention immediately!

Source: “Extreme Heat,” U.S. Centers for Disease Control and Prevention