

Protect Yourself from Heat and Sun

- Do outdoor activities during the coolest part of the day, in the early morning or evening.
- Exercise in an air-conditioned space if possible. Or do water workouts.
- Try to stay in the shade when outdoors during peak sunlight.
- Drink plenty of liquids, especially water. Avoid drinks that contain alcohol or caffeine.
- Wear protective clothing, such as hats, long-sleeve shirts, and long pants to block out the sun's harmful rays. Choose light-colored, loose-fitting clothing.
- Use sunscreen that blocks both UVA and UVB radiation. Choose a sun protection factor (SPF) of at least 15, preferably 30. Reapply frequently.
- Use sunglasses that block both UVA and UVB.
- If you don't have air conditioning, keep your house as cool as possible. Limit use of oven, keep shades, blinds or curtains closed during the hottest part of the day. Open windows at night.
- If your house is hot, spend time during mid-day some place that has air conditioning such as a library, shopping mall, senior center, etc.
- Listen to weather reports and plan accordingly; if temperatures or humidity are rising or an air pollution alert is in effect, there is an increased risk for heat-related illness.