FOR IMMEDIATE RELEASE

Staying Cool This Summer

Keeping cool when temperatures reach record highs isn't just about comfort. Dangerously high temperatures can result in heat related illnesses ranging from heat cramps to heat exhaustion and heat stroke. Heatstroke, an illness that occurs when the body can no longer regulate its temperature, can strike fast and pose life-threatening consequences.

Special precautions should be taken by older adults, caretakers of infants and children, individuals who participate in outdoor activities, individuals who are sensitive to the heat, and pet owners.

The following tips can help you keep cool and safe all summer.

1. Stay hydrated
2. Drink water more than usual and don’t wait until you’re thirsty to drink.
3. Drink from two to four cups of water every hour while working
4. Avoid liquids containing high amounts of sugar.
5. Make sure your family, friends and neighbors are drinking enough water.
6. Avoid caffeine and alcohol as these will promote dehydration.
7. Alter your pattern of outdoor exercise to take advantage of cooler times (early morning or late evening). If you can't change the time of your workout, scale it down by doing fewer minutes, walking instead of running, or decreasing your level of exertion.
8. Wear loose-fitting clothing, preferably of a light color. Cotton clothing will keep you cooler than many synthetics.
9. Fill a spray bottle with water and keep it in the refrigerator for a quick refreshing spray to your face after being outdoors. Keep plastic bottles of water in the freezer; grab one when you're ready to go outside. As the ice melts, you'll have a supply of cold water with you.
10. Fans can help circulate air and make you feel cooler even in an air-conditioned house.
11. If you don't have air-conditioning, arrange to spend at least parts of the day in a shopping mall, public library, movie theater, or other public space that is cool.
12. Finally, use common sense. If the heat is intolerable, stay indoors when you can and avoid activities in direct sunlight or on hot asphalt surfaces.
13. Check on family members or neighbors who are elderly or who have a chronic illness, as they may dehydrate easily and be more susceptible to heat-related illnesses.

Infants and Children:

- It is illegal to leave an infant or child unattended in a vehicle (California Vehicle Code Section 15620).
- Infants and young children can get dehydrated very quickly. Make sure they are given plenty of cool water to drink.
- Keep children indoors or shaded as much as possible.
• Dress children in loose, lightweight, and light colored clothing

Pets:
• Never leave a pet unattended in a vehicle, even with the windows ‘cracked’ or open.
• Outdoor animals should be given plenty of shade and clean drinking water.
• Do not leave pets outside in the sun.
• Pets should not be left in a garage as garages can get very hot due to lack of ventilation and insulation.

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