



## Stay Cool and Prevent Heat-Related Illness

Heat can affect everyone, even healthy active people. When temperatures rise above 90°F, your body can easily lose its ability to cool down, which can lead to heat exhaustion and heat stroke.

### A few simple steps can help you stay safe and cool this summer

#### Stay hydrated:

- Drink plenty of fluids, even if you're not thirsty (at least 64 oz daily; about 8 oz per hour in extreme heat). If you're active or outdoors, drink more.
- Avoid drinks with caffeine, sugar, or alcohol. These can cause you to lose more fluid.

#### Dress light:

- Wear loose, lightweight, light-colored clothing to reduce heat absorption.

#### Use sunscreen:

- Choose SPF 30+ broad spectrum. Reapply every 2 hours or after swimming or sweating. Recommendations are one ounce (or 2 tablespoons) of sunscreen for your entire body.

#### Stay cool indoors:

- Use air conditioning when possible. If you don't have AC, visit a cooling center, library, or mall—even a few hours can help.

#### Avoid peak heat:

- Schedule outdoor activities for early morning or evening.

#### Never leave people or pets in parked cars

- Temperatures can become deadly within minutes, even with windows cracked.

## Extra Care for Infants and Young Children

### Infant Feeding:

- Babies may need to eat more often to stay hydrated. Infants under 6-12 months should not be given water; breast milk or formula should remain the primary source of hydration.

### Strollers:

- Avoid direct sunlight and check surfaces before use—they can heat up quickly. Do not cover strollers with blankets, as they trap heat; use a stroller with a UPF-rated canopy.

### Dress light:

- Dress your baby in lightweight, loose clothes, pop on a hat, and don't forget the sunscreen!

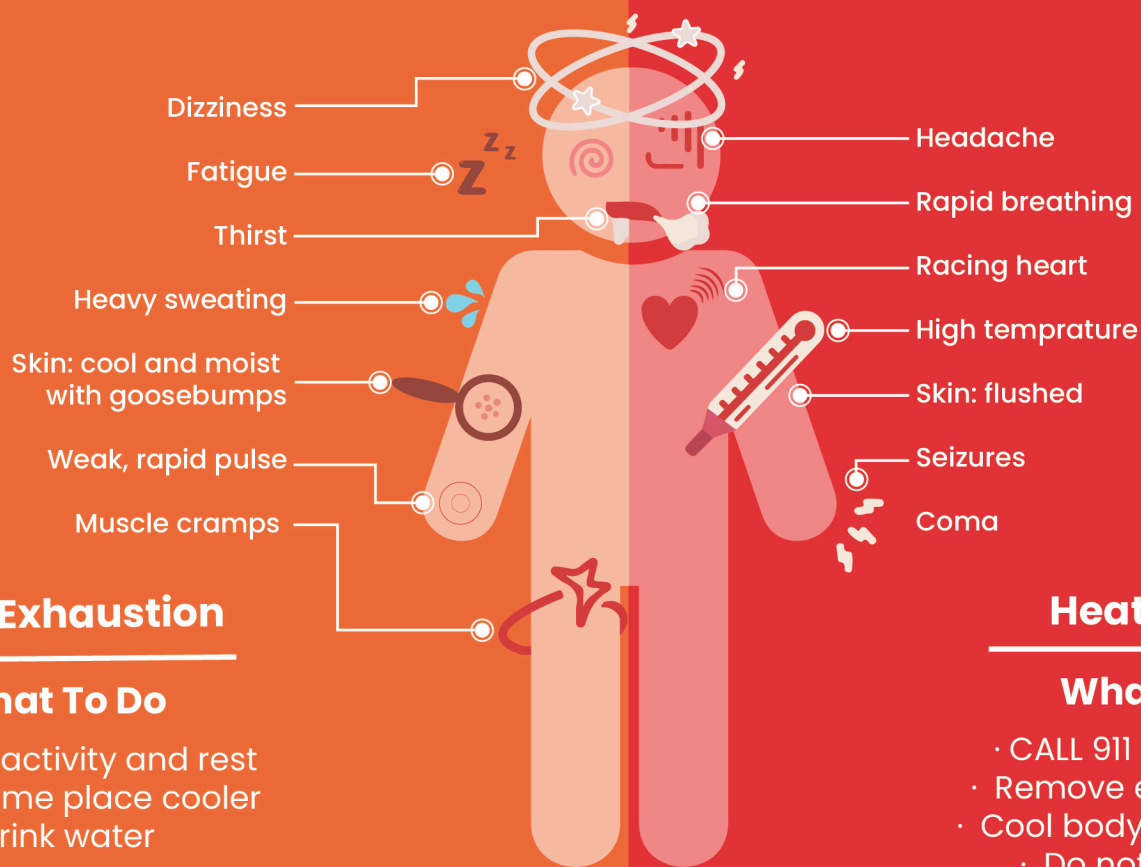
### Car Seat Safety:

- Temperatures inside a vehicle can get very hot making the car seat hot too! Always check that the seat is cool before use. Cool the car first, use sunshades, and consider a small fan for airflow.

For more tips and info visit  
[onondaga.gov/health/hot-weather](http://onondaga.gov/health/hot-weather)



## SIGNS OF HEAT ILLNESS



### Heat Exhaustion

#### What To Do

- Stop all activity and rest
- Move some place cooler
- Drink water

### Heat Stroke

#### What To Do

- CALL 911 RIGHT AWAY!
- Remove excess clothes
- Cool body with water/ice
- Do not give fluids