



STAY SAFE IN THE HEAT

WEATHER.GOV/NYC



BE COOL

make use of fans or air-conditioners to stay cool.

H2O TO GO

take a bottle of cold water with you.



PETS

watch out for hot pavement & provide plenty of water.



ENJOY

cold foods & fruits are more refreshing & contain more water.



OUTDOORS

limit strenuous outdoor activities.



WEAR

light-colored, loose fitting clothing.

SHADE

wear a hat, or use an umbrella



AVOID

alcohol, coffee, tea and salty foods can make dehydration worse.