

PROTECT YOURSELF FROM HEAT & SUN



Drink plenty of **water** and avoid alcohol. Beverages with electrolytes can also help protect against heat stress.



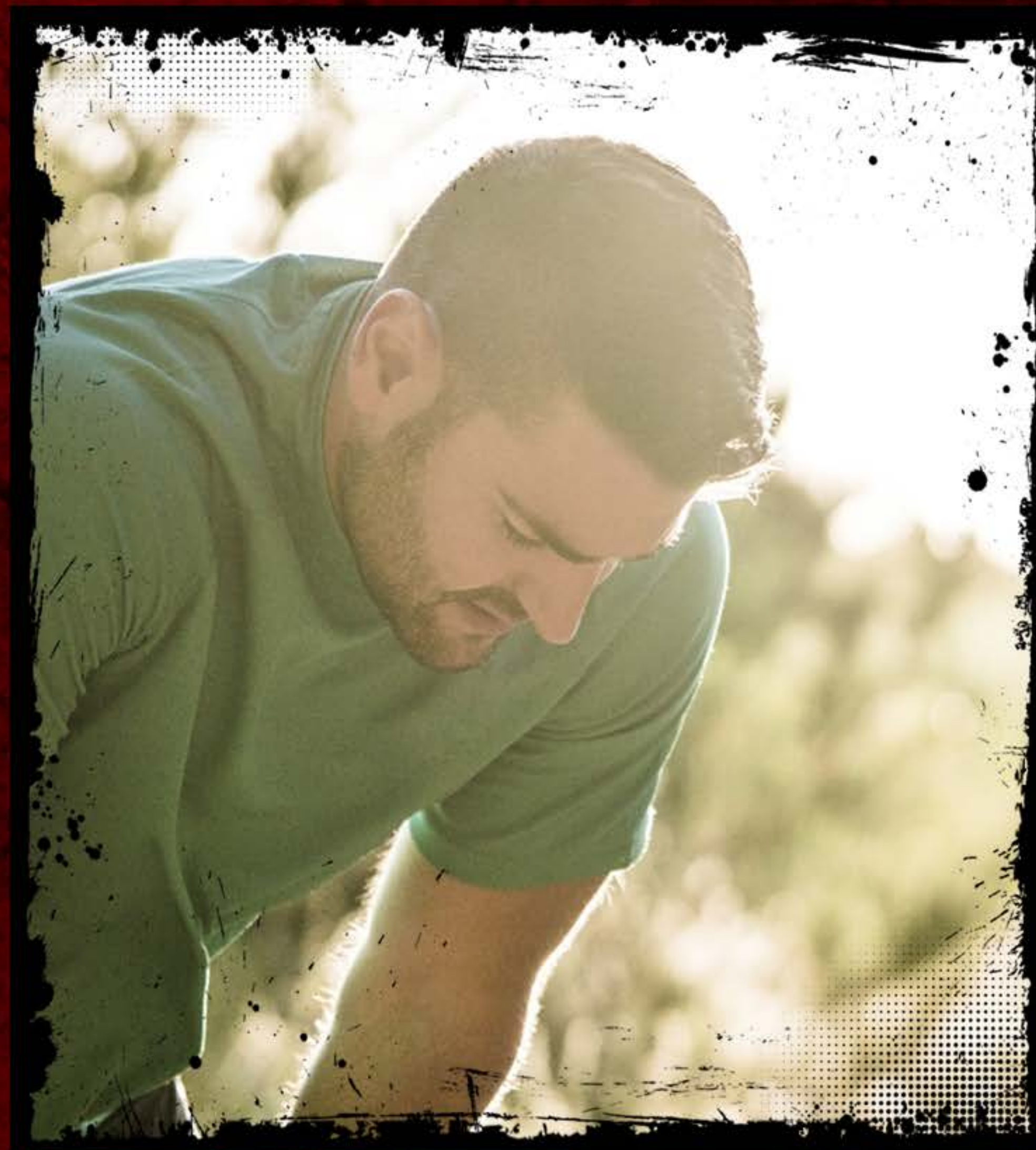
Apply **sunscreen** (SPF 30 or higher) every two hours.



Wear lightweight, loose-fitting, and **light-colored clothing**.



Take regular breaks in the **shade**.



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