

# **DANGEROUS HEAT** & **NO POWER?**



Keep blinds closed to prevent sunshine from heating the indoors



Go to the coolest part of the house or building (usually the basement)



Reduce body temperature by taking a cool shower/bath, or putting hands/feet in cool water



Stay hydrated and wear lightweight, light-colored clothing



Find local cooling centers: malls, libraries, movie theaters, etc

Always monitor yourself and others for symptoms of heat illness.  
***Call 911 in the event of heat stroke!***

