

# STAY COOL, STAY SAFE!



## Help your family beat the heat:

- Offer plenty of water and drink often, even before feeling thirsty.
- When possible, plan outdoor play for cooler times of the day.
- Dress in light, loose-fitting clothing.
- Check that everyone is protected with sunglasses and a hat that covers their face and neck.
- Use sunscreen that is SPF 30 or higher and reapply regularly.



## Watch for signs of heat illness:



such as cramps, rash, swelling, and/or fainting. If symptoms develop, move to a cool place, rest, and drink water.

Call 911 if your child becomes confused, unconscious, or feels very hot and stops sweating.

## Tips to keep children cool:



[bit.ly/KeepChildrenCool](https://bit.ly/KeepChildrenCool)



Download the WeatherCAN app to stay informed of heat alerts in your area.

