

DEFEAT THE HEAT...

DO:


...when the temperature soars.

 Drink plenty of water.

 Allow time to cool down between practices and workouts.


DON'T:

 Leave children or animals in parked vehicles.

 Plan strenuous outdoor activities for cooler times of the day.

 Overexpose yourself to the heat.

 Take frequent breaks to cool down if you have to work outside.

 Overdress babies or bundle them up when it's hot.

 Protect your eyes and wear sunblock.

 Drink beverages with alcohol, excessive caffeine or large amounts of sugar.

 Make regular checks on elderly friends, family.

Tarrant County Public Health

1101 S. Main Street, Fort Worth, TX 76104

817-321-4700

<http://health.tarrantcounty.com>