



## **Common Sense Tips to Avoid Heat Related Illness and Injury**

**Drink plenty of water. Avoid alcohol and limit the intake of caffeine.**

**Wear light weight, light colored clothing to reflect the sun.**

**Stay in air conditioned spaces whenever possible (malls, libraries and other similar air conditioned spaces are excellent spaces to spend some time).**

**Stay out of the sun and avoid strenuous activities.**

**Check on the elderly, children and pets. Avoid leaving anyone in the car unattended for any period of time.**



**Michael P. Hein  
County Executive**

