



How to Keep Cool

- Drink plenty of non-alcoholic liquids — warm or cool — to prevent dehydration; avoid caffeine.
Warning: If your doctor generally limits the amount of fluid you drink or if you take water pills, ask how much you should drink in hot weather.
- Cancel outdoor activities if possible; wear a hat and sunscreen if you must be outdoors.
- Wear loose, lightweight clothing.
- Use air conditioning if you have it. Just two hours a day can help prevent heat-related illness.
- If you do not have air conditioning, try to spend at least two hours in an air-conditioned shopping mall, restaurant, library, theater or other building. Close shades, blinds and curtains in your home during the day, but keep windows open slightly for air circulation. Open windows and window coverings at night.
- Use fans to blow trapped hot air out windows; do not allow fans to blow on you or others in extreme high temperatures and humidity — approximately 90 degrees with humidity greater than 35 percent — because this increases heat stress.
- Avoid using the stove and oven.
- Eat small meals more often. Fruits, vegetables and salads are best.
- Shower or bathe in water that is near skin temperature.
- Keep lights low or off.
- Postpone vacuuming or running other electric appliances that generate heat.
- If taking regular medication, consult with your physician. Some medications cause adverse reactions in hot weather.
- Do not use salt tablets unless directed to do so by a doctor.
- Provide extra water and a cool area for pets.

NEVER LEAVE ANYONE — INFANTS, CHILDREN, FRAIL ADULTS — OR PETS ALONE IN CARS

Contact your local public health agency for more information



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