



July: Extreme Heat Safety Month

The Florida summers are hot. However, heat-related deaths and illnesses are preventable, yet annually many people succumb to extreme heat. It is so important to remember to stay cool and stay hydrated during Florida's summers.

Stay Cool

To avoid heat-related illnesses, it is important to stay cool. Some of the best ways to stay cool during the extreme heat are:

- Stay in air-conditioned buildings.
- Avoid direct sunlight for a long period of time.
- Wear lightweight, light-colored clothing.



Stay Hydrated

Because it is so hot outside, your body loses fluids quickly, so staying hydrated is necessary. Some of the best ways to stay hydrated during the extreme heat are:

- Drink more water than usual.
- Do not wait until you are thirsty to drink more.
- Avoid alcohol or liquids containing high amounts of sugar.
- Remind other to drink enough water.

Warning Signs and Symptoms of Heat-Related Illnesses

Muscle cramping might be the first sign of heat-related illness and may lead to heat exhaustion or stroke. Knowing what you should do when that occurs is necessary. For more information on Extreme Heat Safety, visit: [Extreme Heat Safety](#).