

EXTREME Heat



Be
CLIMATE
Ready

Stay Cool

- Avoid direct sunlight
- Wear light-colored, and light weight clothing
- Take cool showers or baths
- Stay in an air conditioned shelter
- Don't rely on a fan as a your primary cooling device

Stay Hydrated

- Drink more water
- Don't wait until you're thirsty to drink more fluids
- Avoid caffeinated drinks or drinks with high amounts of sugar
- Avoid alcohol
- Remind others to stay hydrated

Stay Informed

- Check local news for extreme heat alerts
- Know symptoms of heat illness



For more information call 3-1-1
or visit www.elpasotexas.gov/publichealth/beclimateready