



Columbia Health District Public Health Authority

## Top 10 Tips To Prevent Heat-Related Illness:

- ✓ Never leave infants, children or pets unattended in a parked car. It can take as little as 10 minutes for temperatures inside a car to rise to deadly levels;
- ✓ Regardless of your level of activity drink plenty of fluids even if you are not thirsty and especially when working outside;
- ✓ Limit exposure to the sun from 10 a.m. to 4 p.m. when UV rays are strongest. Try to schedule activities in the morning and evening;
- ✓ Drink fruit juice or sports drinks to replace salts and minerals;
- ✓ Wear loose-fitting clothing to keep cool and to protect your skin from the sun;
- ✓ Use sunscreen at least SPF 15, apply it at least 10 minutes before going outside and re-apply every two hours;
- ✓ Use fans as needed;
- ✓ Open windows to allow fresh air to circulate, especially during morning and evening hours, and close shades on west-facing windows during the afternoon hours;
- ✓ Use cool compresses, misting, showers and baths; and,
- ✓ Avoid hot foods and heavy meals; they add heat to the body.