"BEAT THE HEAT" INFORMATION

As summer temperatures climb to 90 degrees and higher, the Cuyahoga County Board of Health offers these reminders to help you to "Beat the Heat."

- **H**ydrate. Whether you feel thirsty or not, drink plenty of water, especially when working or exercising outside. Eight cups per day is recommended. Avoid very cold beverages, as they may cause stomach cramps, and alcoholic beverages, which cause dehydration.
- **E**ducate yourself. Keep up with the latest temperature readings, heat index forecasts and current weather conditions. Know the warning signs of a heat-related illness: oral body temperature of 103 degrees or higher, hot, dry skin with no sweating, throbbing headache, rapid pulse, dizziness, cramping, nausea, and confusion.
- **A**ct quickly when a heat illness is suspected. Seek immediate medical attention and hydrate yourself as soon as possible.
- **T**ake it easy. Anyone working or exercising outdoors should avoid overexertion, especially between the hours of 11 a.m. and 6 p.m. Take hourly breaks in the shade or in air conditioning to relax. Take a cool shower or bath as often as needed.

Stay cool outdoors by seeking shade and wearing lightweight, light-colored, loose-fitting clothing. Wear a hat to protect your head from the sun. Once indoors, cool off in an air-conditioned area and drink water.

Remember to provide your pets with plenty of fresh water in a shady area. If their water feels too hot for you to drink, it is too hot for them as well.

Check in with friends and relatives, especially those 65 years and older, twice a day and watch for symptoms of heat related illness.

For more "Beat the Heat" tips, including a list of local community emergency cooling centers, please visit http://www.ccbh.net/extreme-heat or contact the Cuyahoga County Board of Health at 216.201.2000.