

June
8

Extreme Heat



Monsoon Awareness Week: Respect The Storm: Ready. Set. Monsoon



Stay Hydrated! Drink plenty of water and electrolytes

Limit physical activity between 10 AM and 6 PM



Wear a hat and sunglasses

Stay inside with A/C and fans if possible



Wear sunscreen, preferably SPF 30 or higher

If working outside, take frequent breaks in the shade



Wear lightweight, loose fitted, and light colored clothing

Look Before You Lock! Never leave pets or kids in locked cars!

