

Stay Cool This Summer

Outdoor Activities

Limit your outdoor activity, especially midday when the sun is hottest.

Pace your activity. Start activities slow and pick up the pace gradually.

Hydration

Drink plenty of fluids even if you don't feel thirsty. Muscle cramping may be an early sign of heat-related illness.

Stay hydrated by enjoying a variety of beverages, as well as eating foods that have a high-water content, such as fruits and vegetables. For drinks, focus on unsweetened beverages, like water, in order to limit calories from added sugars. Try fruit-infused water for variety!

What to Wear

Wear loose, lightweight, light-colored clothing.

Wear a wide-brimmed hat to protect your skin from the sun.

Wear sunglasses that block both UVA and UVB rays.

Protect Yourself from UV Exposure

Try to stay out of direct sunlight between 10 a.m. and 4 p.m., when UV light is the strongest.

Use sunscreen and apply it as directed. Look for sunscreens that say "broad spectrum" or "UVA/UVB protection" on their labels.

Prevent Heat-related Illnesses

Seek medical care right away if you have symptoms of heat-related illness.

Get into a cool area or into the shade, and rest, especially if you become lightheaded, confused, weak or faint.