

STAY SAFE WHEN IT'S HOT

The heat comes quick. Stay one step quicker by keeping yourself and others safe with these important tips.



STAY HYDRATED

- Drink more water or electrolyte solution, especially if you are active outdoors.
- Be proactive, don't wait until you are thirsty to hydrate.
- Avoid alcohol and caffeinated drinks.



STAY INFORMED

- Follow local weather and news reports.
- Check your heat risk at mn.gov/heat.



STAY COOL

- Move to a shaded area, an air-conditioned space, or other cool place.
- Wear loose-fitting, lightweight, light-colored clothing and use sunscreen.
- Take cool showers or baths.
- Don't use electric fans to cool yourself when temperatures indoors reach 90° F or above. Blowing hot air can be dangerous.



KNOW THE SYMPTOMS

- Know the symptoms of heat-related illnesses and how to respond. Learn more at mn.gov/heat.



COOL YOUR HOME

- Draw shades to keep out the sun.
- If you have a window air conditioning unit, create a cool room where you can go to cool off.
- Use fans to blow in cool outside air or vent out warmer inside air.
- Limit use of the stove, oven, and other heat-generating appliances.



LISTEN TO YOUR BODY

- Take it easy when it's hot.
- Limit outdoor work and exercise to the cooler parts of the day.
- Be cautious if you have a chronic health condition.



CHECK ON OTHERS

- Call relatives and neighbors, especially if they are older, live alone, or have chronic health conditions.
- Make sure they are drinking enough water and staying cool.
- Remind them to take heat seriously, turn on air conditioning, or go to a cool place.



KEEP EVERYONE SAFE

- Never leave children, people with disabilities, or pets inside a parked vehicle.

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mn DEPARTMENT OF HEALTH

For more information, visit mn.gov/heat.

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