

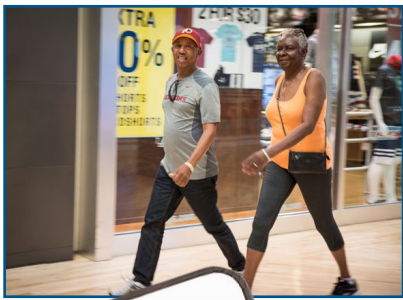


Cuyahoga County  
Together We Thrive

# Beat the Heat

Division of Senior and Adult Services

**Don't sweat it this summer ...  
use these tips to keep your cool all season long!**



- Stay in air-conditioned buildings as much as possible
- If your home does not have air-conditioning, visit a mall or library
- Do not rely on a fan as your main cooling source
- Drink more water than usual and do not wait until you are thirsty
- If your doctor limits your fluid intake, ask how much you should drink
- Keep your house cool by not using the stove or oven
- Wear loose, lightweight, light-colored clothing
- Cool down with showers, baths, ice packs or wet towels
- Do not engage in strenuous activities and get plenty of rest
- Protect yourself from the sun with a hat, sunglasses, and sunscreen
- Avoid hot and heavy meals, as they can overheat your body
- Know the symptoms of heat-related illnesses and how to treat them
- Provide plenty of fresh water and shade for your pets
- Check the news for heat advisories or sign up for weather text alerts
- Have a “Beat the Heat Buddy” and check in twice a day
- Limit your outdoor activity to morning and evening hours
- Do not leave children or pets in a hot car for any length of time
- Take precautions if you have heart disease or high blood pressure
- Seek care for heat-related symptoms like cramps or nausea
- Visit DSAS’ website to find a list of County “Cooling Stations”