

# Beat the Heat!

- Drink plenty of water, and limit intake of alcoholic beverages.
- Avoid too much sunshine, and use a sunscreen with a high SPF.
- Slow down. Reduce, eliminate, or reschedule strenuous activities.
- **DO NOT** leave children or pets in an unattended vehicle.

Heat-related illness is  
**preventable.**

Learn more at [www.beready.iowa.gov](http://www.beready.iowa.gov).

