



Beat the Heat

all summer long!

- 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.

