

***The Manchester Health Department reminds you to stay cool and stay hydrated during these warm summer months.***

***Stay Cool: Keep your body temperature cool to avoid heat-related illness.***

- *Stay in air-conditioned buildings as much as possible. If you must be outdoors, try to limit your outdoor activity to the morning and evening. Try to rest often in shady areas so that your body has a chance to cool off.*
- *Find an air-conditioned shelter. (Call 2-1-1 for a list of cooling centers).*

***Do not rely on a fan as your primary cooling device.***

- *Avoid direct sunlight.*
- *Wear lightweight, light-colored clothing.*
- *Take cool showers or baths.*
- *Check on those most at-risk several times a day.*
- *Pets that cannot be brought indoors should be provided ready access to water and shade to keep them cool.*

***Stay Hydrated: Because your body loses fluids through sweat, you can become dehydrated during times of extreme heat***

- *Drink more water than usual.*
- *Don't wait until you're thirsty to drink more fluids.*
- *Drink from two to four cups of water every hour while working or exercising outside.*
- *Avoid alcohol or liquids containing high amounts of sugar.*
- *Remind others to drink enough water.*