BEAT THE HEAT!

KEEP COOL
STAY HYDRATED
BE PREPARED

SAFETY TIPS:

Drink two to four cups of water every hour while working. Don’t wait until you are thirsty to drink.

Avoid alcohol or liquids containing large amounts of sugar or caffeine.

Schedule tasks for earlier or later in the day to avoid midday heat.

Wear and reapply sunscreen as indicated on the package.

Never leave children or pets in a parked car.

SCAN TO LEARN MORE

SanAntonio.gov/health SAOEMprepare.com Bexar.org