Stay Safe in the Summer Heat

Summer heat can be more than uncomfortable—it can threaten a person's health. This is especially true for older adults and children. According to a report from the Centers for Disease Control and Prevention, which analyzed data from 2004 to 2018, high temperatures cause 702 deaths every year. Approximately 60% of those deaths are due to direct exposure to the heat, resulting in heat-related illnesses like heat exhaustion and heatstroke.

Keep these tips in mind to stay safe in the summer heat:

Drink plenty of water
In hot weather, drink enough to quench your thirst. The average adult needs eight 8-ounce glasses of water a day. This number goes up during heat spells.

Dress for the weather
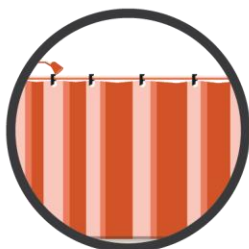When outside, wear lightweight clothing made of natural fabrics and a well-ventilated hat.

Stay inside if possible
Do errands and outside chores early or late in the day.

Eat light
Replace heavy or hot meals with lighter, refreshing foods.

Keep cool
Take a cool shower or apply a cold compress to your pulse points. Try spending time indoors at an air-conditioned mall or movie theater.