



Heat safety tips

Beat the heat this summer with these tips:

1. Stay **HYDRATED**. Drink water throughout the day. Replenish electrolytes with sports drinks like Gatorade.
2. Wear **SUNSCREEN** and reapply often when outside. Remember your ears and scalp!
3. Dress for the heat with loose, airy **CLOTHING** that will let your skin breathe.
4. Check for **HOT SURFACES**. Be sure slides and swings are cool enough for your kids. Check that the sidewalk heat is OK for your pet's paws.
5. Never leave your child or pet in a **CAR**. Temperatures rise quickly and dangerously in closed vehicles.
6. Avoid **ALCOHOL**. Heat and alcohol aren't a good mix. When you have a drink, do so in a cool area or an air-conditioned building. Alternate between alcohol and water.
7. Check for **INSECT BITES**. Ticks and mosquitos are rampant during the summer. Steer clear of stagnant water and check yourself for ticks after hikes and outdoor activities.
8. Stay vigilant. **HEAT STROKE** begins with leg cramps and escalates quickly. When you feel cramps, dizziness, or exhaustion, get to a cool area and rehydrate.
9. **COOL** your body fast by placing ice packs on your neck. Really feeling the heat? Take a cold shower to lower your body temperature.

When you want a new home that is comfortable all summer long, give me a call.