

Looking for a new home this summer? Give me a call!

**Your Name**

CalBRE Lic #  
555.555.5555  
[youremail@mail.com](mailto:youremail@mail.com)  
yourwebsite.com

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. Don’t forget 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 are cool enough for your kids. Check that sidewalks aren’t too hot for your pet’s paws.
5. Never leave your child or pet in a **CAR**. Temperatures rise quickly in closed vehicles.
6. Avoid **ALCOHOL**. Heat and alcohol aren’t a good mix. If you do indulge, do so in a cool area or an air-conditioned building, and 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. If you feel cramps, dizziness or exhaustion, get to a cool area and rehydrate.
9. **COOL** your body. Place ice packs on your neck to cool yourself body. Really feeling the heat? Take a cold shower to lower your body temperature.