

# BEAT THE

# HEAT



## 1. STAY COOL



- Find a "Cool Shelter" or place to be inside
- Outside? Seek shade or water (the river, a sprinkler)
- Wear lightweight, light-colored clothing
- Take cool showers or carry your own "mist-er"
- Save your exercise for early mornings, late evenings

## 2. STAY HYDRATED



- Drink more water than usual
- Plan ahead -- avoid buying bottled water!
- Don't wait until you're thirsty
- Avoid alcohol or sugary drinks
- Remind others to drink water

## 3. STAY INFORMED



- Check local news for extreme heat alerts and safety tips. Plan your outdoor adventures or work accordingly.
- Learn the symptoms of heat illness

## 4. STAY CONNECTED



- Check on neighbors (people and pets) to see how they're weathering the heat
- Connect others to resources they may need

Weather the Weather Better at [missoulaclimate.org/summer-smart](https://missoulaclimate.org/summer-smart)