

Personal Safety During Extreme Heat*

Check on family, friends and neighbors—especially those who live alone.

Slow down. Avoid strenuous activity.

Avoid too much sunshine.

Postpone outdoor games and activities.

Stay in a cool part of your home—typically a basement or lower level.

Wear loose-fitting, lightweight, light-colored clothing.

Protect face and head by wearing a wide-brimmed hat.

Take frequent breaks if you must work outdoors.

Drink plenty of water regularly and often.

Avoid drinks with alcohol or caffeine.

Eat small meals and eat more often.

*Disaster Education Coalition, Washington D.C., 1999



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