

# Tips to Beat The Heat!

Drink plenty of fluids even if you do not feel thirsty. Avoid alcohol and caffeine.

Dress appropriately: Wear loose-fitting, lightweight, light-coloured clothing

Stay Cool Indoors: If air conditioning is not available, stay on the lowest floor, out of the sunshine or go to a public building with air conditioning each day for several hours.

Avoid exercising in the hottest parts of the day.

Eat small meals and eat more often: Eating cold foods like fruits can help keep you cool


Walk in the shade, apply sunscreen regularly and wear hats if you go outside

Take cool showers, splash yourself with cold water, or use a cool damp cloth to cool off (keeping your wrists and feet cool/moist can help)

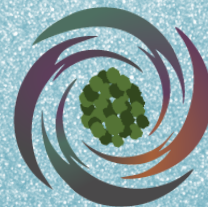


Credit: Getty Images

 [masofdisasters@gmail.com](mailto:masofdisasters@gmail.com)

 [master-of-disasters.com](http://master-of-disasters.com)

   @masofdisasters



Master  
of Disasters  
BARRISE N. GRIFFIN