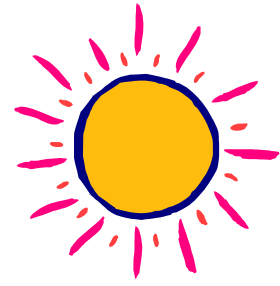


# Beat the Texas Heat



1. **Stay out of the sun.** Limit your outdoor activity. Use sunscreen!
2. **Dress appropriately.** Wear sunglasses and hats with brims. Wear light-weight, light-colored, loose-fitting, long-sleeved clothes made of a breathable fabric such as cotton.
3. **Avoid hot, heavy meals.** Eat 4 - 5 servings of fresh fruit and vegetables daily with a balanced diet.
4. **Know your limits.** Seek shade, rest, relax, take deep breaths. Don't push it.
5. **Know the signs** of heat cramps, heat exhaustion, and heat stroke.
  - Heat cramps: warm, moist skin; heavy perspiration; muscle cramps usually in legs/abdomen; exhaustion
  - Heat exhaustion: can quickly become heat stroke; rapid, shallow breathing; weak pulse; cold, pale, clammy skin with heavy perspiration; total body weakness; dizziness or fainting; headaches; confusion or irritability
  - Heat stroke: convulsions or muscle twitching; hot, flushed, dry skin; deep breathing followed by shallow breathing; rapid, bouncing pulse initially, then rapid, weak pulse; collapse; coma; 911 emergency
6. **Know the risk factors for heat stroke.**
  - Dehydration (drinking alcohol or caffeine can cause dehydration)
  - Heart Disease
  - Vigorous exercise
  - Certain medication
  - Elderly
  - Overweight
7. **Know the solutions.**
  - Drink lots of liquid. Drink before you get thirsty. Drink cool or cold water, not ice water. Drink electrolyte-containing drinks. Limit carbonated beverages. Carry drinking water with you at all times.
  - Cool your body down. Run cool water over pressure points such as wrists, or use cool cloths around your neck when feeling warm. Use a water mister and individual fans.