



Most regions in the United States will experience at least one heat wave over the course of the year, which can be especially hard on kids, the elderly and those who are ill. When your hometown is experiencing a heat wave, these tips can help your family keep its cool:

Be aware of both the temperature and the heat index. The heat index is the temperature the body feels when the effects of heat and humidity are combined. Exposure to direct sunlight can increase the heat index by as much as 15° F.

Cut down on your exercise. If you must exercise, drink two to four glasses of cool, nonalcoholic fluids every hour. Drink water or sports beverages, which can replace the salt and minerals you lose in sweat.



Be aware that people living in urban areas may be at greater risk from the effects of a prolonged heat wave than people living in rural areas.



Ensure that your animals' needs for water and shade are met.



Protect yourself by using sunscreen, sunglasses and protective clothing, including a wide-brimmed hat and long sleeves.

If you do not have air conditioning, choose places you could go to for relief from the heat during the warmest part of the day (schools, libraries, theaters, malls).

Rest often in shady areas away from the sun.



Know those in your neighborhood who are elderly, young, sick or overweight. They are more likely to become victims of excessive heat and may need your help.

Limit your outdoor activity as much as possible to the morning and evening hours, when temperatures are lower.



As more people take to the water during heat waves, it's important to familiarize yourself with these basic water safety tips from the American Red Cross: [www.redcross.org/prepare/disaster/water-safety](http://www.redcross.org/prepare/disaster/water-safety)

**Stay ahead of the storm. For critical safety and weather information, download the free app from The Weather Channel today!**

