

# Tips to stay cool in the heat

With temperatures now more like mid-summer, El Dorado County health officials are offering tips on how to stay cool, hydrated and healthy.

Heat waves can be dangerous and cause serious medical problems, particularly for older people, the very young and those with chronic medical conditions.

The following are tips to stay cool and healthy during hot weather:

- Drink plenty of fluids, such as water and low-calorie sports drinks, even if you are not thirsty.
- Stay indoors in an air conditioned building. If you do not have air conditioning, visit a friend, relative or other location in the community, such as a library, community center, grocery store or shopping center where the air conditioning is working.
- Pace yourself and avoid heavy exertion in the heat.
- Never leave a child, elderly person or animal in a parked vehicle, even for a few minutes. Temperatures can rise to dangerous levels in a matter of minutes.
- Check on neighbors, relatives and friends, particularly those who may be isolated.