

COOL TIPS FOR HOT WEATHER

It's time for another hot Texas summer. Time to enjoy all the outdoors has to offer. Take a little extra time to take precautions so you and your family can enjoy every day.

Keep cool—you could save a life

- Take frequent cooling-off breaks in the shade or air conditioning.
- Drink plenty of water before starting any outdoor activity, and drink water during the day. Drink less tea, coffee and alcoholic beverages.
- Wear lightweight, loose-fitting, light-colored clothes.
- Limit your physical activity during the hottest part of the day.
- Kids, cars and heat make a deadly combination. Never leave a child—or pet—in a vehicle, even for “just a few minutes.” That’s long enough for a closed vehicle to heat up to dangerous levels, even on a 60-degree day.

If someone has heatstroke-related symptoms—nausea, fatigue, muscle cramps, confusion, dizziness—act rapidly: Remove excess clothing and lower the person’s temperature with cold, wet sheets or a cool bath. Call a doctor immediately and transport the person to the nearest hospital—this is an emergency. This summer, don’t sweat it. Keep cool.

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