



Stay Cool Sutter!

Get plenty to drink

- Stay hydrated by drinking plenty of fluids before you feel thirsty, especially water.
- Avoid alcohol and sugary drinks and drinks with caffeine.

Stay cool indoors

- Get in an air conditioned location for at least a few hours each day such as a friend's house or indoor public areas such as the Sutter County Library or the Yuba-Sutter Mall. When it's really hot swamp coolers and fans may not be enough.
- Cool off with cool water showers, baths or swimming.

Wear light clothing

- Choose lightweight, light-colored and loose fitting clothing.
- A wide brimmed hat will keep your head cool.
- Use sunscreen with SPF (sun protection factor) of 30 or higher and reapply every two hours while in the sun (all skin types).

Schedule outdoor activities carefully

- Avoid exertion during the hottest parts of the day.
- Take frequent, regularly scheduled breaks in a cool shaded place.
- Never leave pets or kids in a parked car.
- If your heart pounds, you become out of breath, lightheaded, confused, weak or feel faint, stop your activity and rest in a cool, shady area.

Know the symptoms of heat related illness

- Symptoms of heat stroke are: unconsciousness; confusion; red, dry and hot skin; throbbing headache.
- Symptoms of heat exhaustion are: weakness, headache, nausea, fatigue, dizziness and pale skin.
- If you feel ill seek medical attention or call 911.



For more information about how to prevent heat related illnesses visit:

www.suttercounty.org/publichealth

OR call 530-822-7215.



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