



# IT'S **HOT** OUTSIDE!

**STAY COOL. STAY HYDRATED. STAY INFORMED.**

**STOP**  
all activity and  
get to a cool  
environment if  
you feel faint  
or weak.



Pace activity. Start activities slowly and pick up the pace gradually.

Schedule workouts or practices earlier or later in the day to avoid midday heat.

Drink from two to four cups of water every hour while exercising. Muscle cramping may be an early sign of heat sickness.

Avoid liquids containing large amounts of sugar.

Exercise with a partner or teammate.



Centers for Disease  
Control and Prevention  
National Center for  
Environmental Health



Arizona  
Department of  
Health Services

## LEARN MORE

[www.azdhs.gov/phs/oeh/heat](http://www.azdhs.gov/phs/oeh/heat)

[www.cdc.gov/nceh/extremeheat](http://www.cdc.gov/nceh/extremeheat)