Summer is here and so is the summer heat! Over 150 people died in the United States last year as a result of extreme temperatures.

Here are some tips to help you stay cool!

- Reduce, eliminate or reschedule strenuous activities until the coolest part of the day
- Wear lightweight, light-colored clothing to reflect the heat and sunlight
- Cool off air conditioned places such as the mall or library
- Avoid getting sunburns by staying out of direct sunlight or wearing sunscreen when you are outside
- Drink plenty of water
- Do not leave your children or pets in vehicles unattended

Summer in the United States can be fun but occasionally dangerous. With a little knowledge and a little preparedness, you can help your family beat the heat.

For more safety and preparedness information visit our website at www.kitsapdem.org

Kitsap County Department of Emergency Management