As temperatures begin to rise and daylight hours lengthen, many people are anxious to enjoy outdoor activities to the fullest! Taking the correct heat safety measures can prevent the many heat-related illnesses, injuries and deaths seen each year. Be sure to discuss heat-related illnesses with your medical provider to determine your risk level.

Consider these preventative measures:

**Personal factors.** Those who are at highest risk include people 65 and older, children younger than two, and people with chronic diseases or mental illness. Even individuals not believed to be “high risk” should consider other personal factors such as obesity, dehydration, sunburn, and prescription drug and alcohol use which can play a role in whether a person can cool off enough in very hot weather.

**Physical Activity.** Even young and healthy people can get sick from the heat if they participate in strenuous physical activities during hot weather. Try to schedule workouts and practices earlier or later in the day when the temperature is cooler. Plan to wear loose, lightweight or light-colored clothing. Drink more water than usual and don’t wait until you’re thirsty to drink more.

**Know the symptoms.** Familiarizing yourself with the symptoms of heat stroke, heat exhaustion, heat cramps or rash, and sunburn can help save your life and the lives of those around you. This chart from the CDC will help you identify warning signs and know what to do when you spot them:

For more tips on how you can stay cool, hydrated and informed while enjoying the warmer weather, visit the Center for Disease Control and Prevention's Natural Disasters and Severe Weather page.