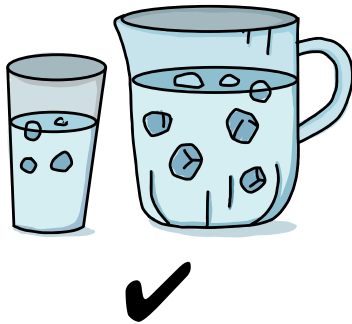
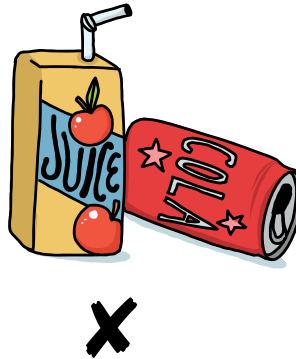


# How do I cool down my body?

To avoid heat stroke, keep your body cool during extreme heat events.



Make ice and prepare jugs of cool water. Drink lots of water, even if you don't feel thirsty.



Avoid coffee, sugary and alcoholic drinks. They cause dehydration.



Take cool baths, showers, or foot baths to draw heat from your body.



Remove clothes. Mist yourself and use ice packs or cool damp cloths on your neck, armpits, and groin. Chill cloths in the fridge for extra relief.



Find shade outside or, for those who can swim and where it's safe, cool off in local rivers, lakes, or the ocean.



Sleep with a wet sheet or in a wet t-shirt.

Fans cannot effectively reduce body temperatures or prevent heat-related illness in people at-risk. DO NOT rely on fans to cool you down during an Extreme Heat Emergency.