

Getting Ahead of the Heat

Planning ahead for the hot days is the best way to stay safe-- consider some of these tips for making the best of the forecast:

- Plan meals that don't require using a stove or oven
- Dust off or purchase fans
- Avoid alcohol and sugary drinks
- Check in on neighbors or other vulnerable people you know to see how you can help them prepare
- Move required activities to the morning or evening when possible
- If you're traveling, pack extra water for people and pets