

BEAT THE HEAT

ER visits for heat start around 87°



**STAY
HYDRATED
WITH WATER**

**CHECK ON FRIENDS
& NEIGHBORS**



**WEAR LOOSE,
LIGHT-COLORED
CLOTHING**

At Home

- ☐ **Close shades**
- ☐ **Keep oven & stove OFF**
- ☐ **Stay on lower level**
- ☐ **Use a cold wet cloth**

**For support
during hot
weather**

Call

211

or

**Bugbee Senior
Center:**

(802) 295-9068