

Extreme Heat – Social Media Posts:

- Stay hydrated by drinking a water after every alcoholic drink.
- Stay inside with AC before coming on out to the Iowa State Fair.
- Want to not look like a lobster, wear sunscreen.
- A good hat can be the difference between a fun day at the Iowa State Fair and a fried face and neck.
- It is not just hot anymore, it is dangerously hot. Spend some extra time indoors to beat the heat.
- Do not wait to be thirsty! Drink water before it is too late.
- Make sure to get inside to cool off from the heat of today.
- It is a hot one out today. Stay safe by knowing where cooling centers are located.
- Drinking water can be a deciding factor between heat related illnesses.
- Make sure not only your kids stay indoors, but also your furry kids as well. It is just as important for dogs to #BeatTheHeat
- Get away from the rays of the sun by sitting in the shade.
- Summer heat in the city is higher than other areas. To prevent the risk of heat related illness make sure you know the signs and symptoms.
- A fan is not a solution to #BeatTheHeat get into a building with AC and enjoy the cool air.
- Take a break when it starts to get hot by catching some shade.
- Making sure you carry around a water bottle is a great way to stay hydrated in the summer heat.
- Why stay outside in the blazing heat when you can cool off in the inside of your house.
- Enjoy the food of the Iowa State Fair, but remember to also drink water to stay hydrated.
- If the heat is getting unbearable, take a short break by going to an indoor building like a library, museum, or restaurant.
- Enjoy Downtown Des Moines, but remember to get some shade if the sun is out and hot.
- Put on some nice shades for #SummerSafety today
- I wear my sunglasses when the sun is bright so I can #BeatTheHeat
- Loose clothing is the way stay cool in the hot summer heat
- Why let heat bring you down when you can prevent it from happening. Stay Cool, Stay Hydrated, Stay Informed
- #BeatTheHeat with knowing who is most at risk
- The elderly and young children are most susceptible to heat related illnesses. Know the signs and symptoms to be prepared to help them
- Grab your hat and shades to protect yourself from the sun's rays #HeatSafety
- Sit down drink (water), stand up drink (water) #SummerSafety
- Every year in the U.S., people are killed by extreme heat. Do not be one of the people that could be at risk for an extreme heat related illness. Know the signs and symptoms and how to prevent the illness from happening #HeatSafety
- It is going to be a hot one out today. Make sure to get out of the sun and into the shade.
- Check out the free water stations throughout the area and grab a cold one.
- It does not take long to be affected by extreme heat. Carry around a water bottle to make sure you are never thirsty.

- We will keep you alert when an extreme heat watch or warning is going to happen. #HeatSafety
- Make sure to pack a bag with a water bottle, sunscreen, and hat before heading to the State Fair.
- Be aware when extreme heat is going to hit by watching the news. #BeatTheHeat
- Check on your neighbors, friends, and family when extreme heat is about to happen and they do not have AC.
- Avoid wearing dark colors as they absorb the heat. Instead, wear light-colored clothes that are also loose fitting.
- Know where the EMS or first aid areas are located before going to the event. #SummerSafety
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#HeatSafety, #SummerSafety, #BeatTheHeat



Stay Hydrated

Drink more water than usual - and don't wait until you're thirsty!

BEAT THE HEAT

CDC Centers for Disease Control and Prevention National Center for Environmental Health



Stay Informed

Check your local news for extreme heat alerts and safety tips.

BEAT THE HEAT

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Stay Cool

If you don't have air conditioning, go to the mall or library - or find a cooling shelter.

BEAT THE HEAT

CDC Centers for Disease Control and Prevention National Center for Environmental Health



Protect Others

Keep an eye on people most likely to become ill from heat:

- Babies and young children
- Older Adults
- People who live alone
- People with a disability, disease, or mental illness

BEAT THE HEAT

CDC Centers for Disease Control and Prevention National Center for Environmental Health



Protect Your Skin

- Use sunscreen with SPF 15 or higher
- Cover up with a wide-brimmed hat
- Wear light-colored clothing

BEAT THE HEAT

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