

ECHO Phone

Emergency, Community and Health Outreach



Final

March 2, 2011

Extreme Heat :30 PSA

On hot summer days, it is important to keep your body cool, or else you could get sick.

Here are some tips to stay cool: Take cool baths or showers.

Drink lots of water. Wear light clothes and try to stay out of direct sunlight.

Do not leave children or pets in parked cars on hot days. The high heat inside the car can quickly become deadly.

If you feel sick or see someone else getting sick from hot weather, call 9-1-1.

For more information, go to www.echominnesota.org