

# **BEAT THE HEAT**

**THERE ARE LOTS OF THINGS WE ALL CAN DO TO BEAT THE HEAT – AND SAVE MONEY, AS WELL. WHEN THE THERMOMETER RISES ABOVE 90 DEGREES, IT’S TIME TO TAKE ACTION! LOWER THE SHADES OR CLOSE THE BLINDS IN YOUR HOUSE, PARTICULARLY, WINDOWS THAT FACE THE WEST OR SOUTH. TURN ON A CEILING FAN, IF YOU HAVE ONE. TURN OFF UNNECESSARY LIGHTS. IT WON’T TAKE LONG TO MAKE YOUR HOME MORE COMFORTABLE. YOU’LL ALSO SAVE SOME MONEY ON YOUR UTILITY BILL.**

**WHEN THE TEMPERATURE IS ABOVE 80 DEGREES OUTSIDE, *NEVER* LEAVE CHILDREN OR PETS IN A PARKED CAR WITH THE WINDOWS ROLLED UP AND WITHOUT THE AIR CONDITIONER ON. THE TEMPERATURE INSIDE A VEHICLE CAN RISE TO MORE THAN 100 DEGREES IN A MATTER OF MINUTES.**

**ON HOT, SUNNY DAYS, WEAR A HAT AND DRINK PLENTY OF FLUIDS – PERFERABLY WATER. IF YOU HAVE TROUBLE CATCHING YOUR BREATH WHILE WALKING OUTSIDE, SIT DOWN IN THE SHADE AND SIP A COOL DRINK.**

**THERE ARE LOTS OF WAYS TO BEAT THE HEAT. CONTACT THE JACKSON COUNTY EMERGENCY MANAGEMENT AGENCY AND THE JACKSON COUNTY HEALTH DEPARTMENT FOR ADDITIONAL INFORMATION.**

## **BE FIRE SAFE**

# **JACKSON FIREFIGHTERS**