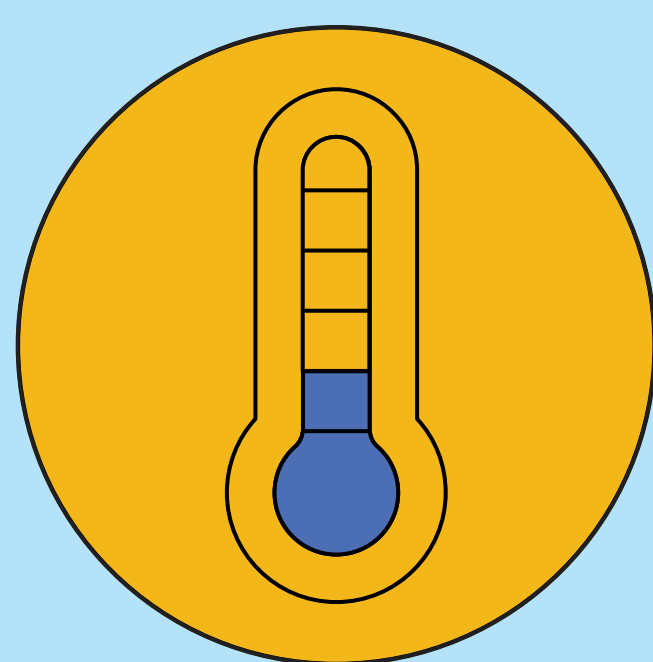


Stay Safe in Extreme Heat



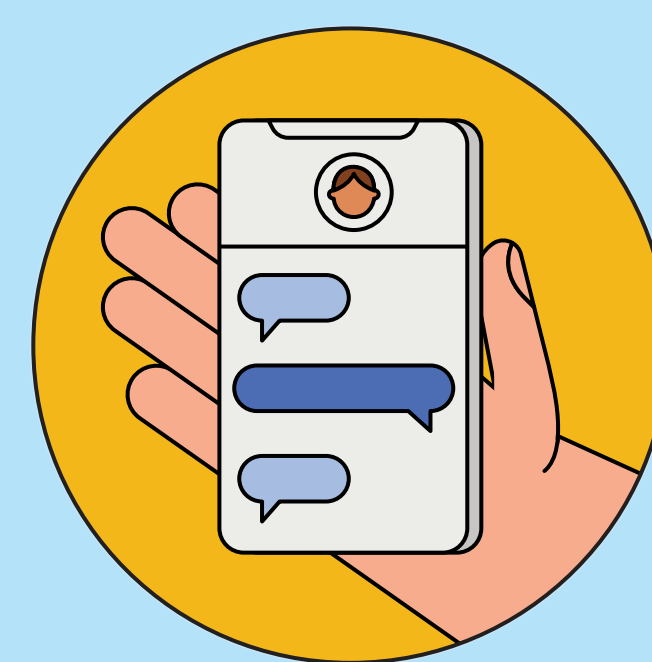
Stay Hydrated.

Drink a cup of water every 20 minutes.



Stay Cool.

Spend time in air-conditioned places.



Stay Connected.

Check on loved ones and neighbors.



**American
Red Cross**



Learn more about staying
safe during extreme heat.

redcross.org/heatcheck