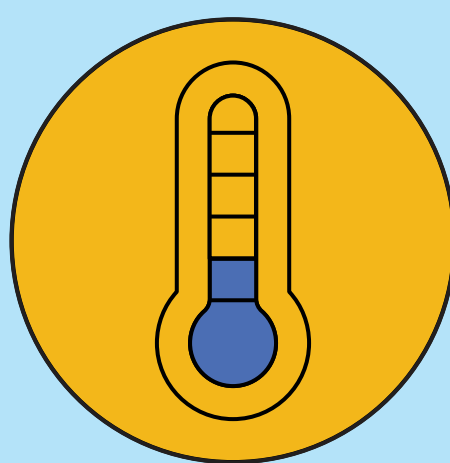


# Stay Safe in Extreme Heat



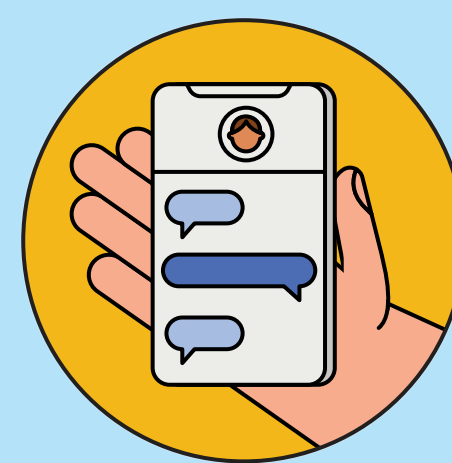
## Stay Hydrated.

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](https://redcross.org/heatcheck)