



# HEAT ALERT

What to do when there is a  
Heat Advisory?

Stay up to date at:  
[nassaucountyny.gov/oem](http://nassaucountyny.gov/oem)

**Temperatures in Nassau County can reach uncomfortable, unhealthy levels during the summer. Knowing what to do in this kind of weather may prove to be lifesaving.**

- ☑ Pay attention to weather reports (TV, radio, & social media), or visit [www.weather.gov](http://www.weather.gov)
- ☑ Wear loose, light weight and light colored clothes
- ☑ Turn on air conditioners and/or fans, Stay indoors as much as possible
- ☑ Find your nearest cooling place/shelter if you don't have air conditioning or if you feel overheated
- ☑ Check on family, friends or neighbors who don't have air conditioning, especially elderly ones
- ☑ Drink a lot of fluids. Avoid drinking alcohol or caffeine.
- ☑ Never leave children, adults, or pets alone inside a vehicle
- ☑ Avoid any strenuous outdoor activities
- ☑ Take a lot of breaks in the shade if you work outside
- ☑ Always wear sunscreen
- ☑ Call 911 if you feel faint or have trouble breathing

