



Town of Name

For more information,  
call 555-555-5555, or visit  
[ourwebsite@town.com](mailto:ourwebsite@town.com)



# EXTREME HEAT EVENTS

- Stay in air-conditioned spaces
- Use electric fans (below 95 degrees)
- Take a cool bath or shower
- Stay out of the sun
- Hydrate
- Wear light-colored clothes
- Eat easy-to-digest foods

