Many Cities in the State of Texas have surpassed the record for hottest day ever!

*cdc.gov*

Extreme Heat: A Prevention Guide to Promote Your Personal Health and Safety

- Elderly people (65 years and older), infants and children and people with chronic medical conditions are more prone to heat stress.

- Air-conditioning is the number one protective factor against heat-related illness and death. During conditions of extreme heat, spend time in locations with air-conditioning such as shopping malls, public libraries, or public health sponsored heat-relief shelters in your area.

- Get informed. Listen to local news and weather channels or contact your local public health department during extreme heat conditions for health and safety updates.

- Drink cool, nonalcoholic beverages and increase your fluid intake, regardless of your activity level.


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