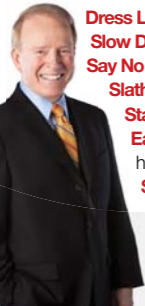


Beat the heat with Gary's Heat Safety Tips:



Dress Light. Choose lightweight, loose fitting, & light colored clothing.

Slow Down. Limit outdoor activity until the morning or evening hours.

Say No to Sun Rays. Wear a wide brimmed hat and sunglasses.

Slather on Sunscreen. A minimum SPF of 15 is a must.

Stay Hydrated. Drink a lot of water & limit caffeinated and alcoholic drinks.

Eat Less More Often. Stay fueled with a balanced diet. Avoid foods high in protein.

Stay Indoors. If A/C is not available, stay on the lowest level possible.

Lend a Hand. Check on elderly neighbors and pets.

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