

Heat kills more people each year in the United States than tornadoes, floods, hurricanes, or lightning.

More than 600 people are killed by extreme heat every year in the United States.

SUMMER HEAT SAFETY TIPS

Summer temperatures in Texas can be deadly!

Know the risks, and protect yourself from dangerous heat with these tips.

Slow down: reduce, eliminate or reschedule strenuous activities until the coolest time of the day.

Dress for summer: Wear lightweight, loose fitting, light colored clothing to reflect heat.

Drink plenty of water: Focus on non-alcoholic and decaffeinated fluids. Drink water even if you don't feel thirsty.

Minimize direct exposure to the sun. Sunburn reduces your body's ability to dissipate heat.

Do not use electric fans when the temperature outside is more than 95 degrees, as this could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

Check on family members and neighbors.

Hot cars are especially dangerous:

38 An average of 38 children die each year from being left in an unattended vehicle.

88% 88% of those fatalities are under 3 years of age.

52 52 children died in hot cars in 2018. It was the deadliest year on record in the past 20 years.

800+ Over 800 children have died of car related heat stroke since 1998.

119 **Texas leads the country:** From 2008-2018, 119 children died from car related heatstroke.

LOOK BEFORE YOU LOCK!