



# Stay Healthy & Safe in Hot Weather

Extremely high or unusually hot temperatures can affect your health. With temperatures on the rise, it is important to know how to keep cool and stay safe this summer. The **Health Department** is offering educational classes at local Senior Centers with tips on how to stay healthy and safe during hot weather.

The best defense is prevention!

## Class Schedule

- **June 16th** at 10:15am: Henley Roberts Senior Citizens Center
- **June 21st** at 10:30am: Dunn Enrichment Center
- **July 12th** at 10:30am : Coats Senior Center
- **July 13th** at 10:00am: Anderson Creek Senior Center
- **July 19th** at 10:30am: Erwin Nutrition Site



## Summer Safety Tips:

- **STAY COOL.** Stay in air-conditioned buildings as much as possible and avoid direct sunlight.
- **STAY HYDRATED.** Drink plenty of water and don't wait until you're thirsty to drink.
- **STAY INFORMED.** Stay updated on local weather forecasts so you can plan activities safely when it's hot outside.



For information contact:

**Harnett County Health Department**

910-893-7550 [www.harnett.org/health](http://www.harnett.org/health)

