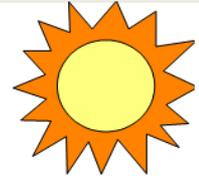


# Living Well Tip of the Week



**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.

**Find Out More About Heat Illness Prevention through [www.webmdhealth.com/ut](http://www.webmdhealth.com/ut)\*, select “Health Topics” and type “Heat”**

*\*Living Well Health Manager powered by WebMD Program available to UT SELECT members- Employees, Retirees, Dependents, Surviving Spouses and COBRA participants.*