BE COOL—STAY COOL!

On HOT DAYS

BE SMART!
USE YOUR MEDICATIONS WISELY!

Some medications especially some medications for mental symptoms can interfere with your body's normal ways of staying cool.

You may not even feel yourself getting hot or thirsty!!!!!

THERE ARE THINGS YOU CAN DO TO BE SAFE WHILE TAKING YOUR MEDICINES ON VERY HOT DAYS

• FIND COOL INSIDE PLACES TO STAY, especially in the hottest parts of the day.
  Find air conditioned inside places to get out of the heat
  Be Prepared: Know these places you can go BEFORE heat waves
  Do not stay in overheated apartments or rooms
  Cool showers or splash face and arms with cool water
  If you are outside, find shade and wear light loose clothing and wide brimmed summer hat

• DRINK LOTS OF EXTRA WATER
  Don't wait till you are thirsty! By the time you are thirsty, you may already be dehydrated.
  (a sign of dehydration is when your urine is dark in color)

• AVOID ALCOHOL; alcohol increases dehydration
- DO NOT STOP TAKING YOUR MEDICATIONS OR CHANGING YOUR DOSE UNLESS YOUR PROVIDER TELLS YOU TO

- ASK YOUR PROVIDER ABOUT WHETHER YOUR MEDICATIONS ARE A CONCERN AND DISCUSS WAYS TO USE YOUR MEDICATIONS WISELY

- KNOW WHERE TO ASK FOR HELP IF YOU FEEL CONFUSED OR GET OVERLY AGITATED