

JUNE 7TH IS HEAT AWARENESS  
DAY IN WISCONSIN

# Beat the Heat

So, here are tips to keep safe in the heat!

## Never leave people or pets in a parked car

Temperatures in a car can become life threatening quickly. On an 80-degree day with sun, temperatures inside a car can rise 20 to 30-degrees above outside temperature.

## Drink plenty of water and eat lightly

Drink plenty of water throughout the day. Avoid alcohol or caffeine and stay away from hot, heavy meals.

## Take a cool shower or bath

This can cool you down faster than an AC unit. Apply cold wet rags to the neck, head, and limbs to cool the body quickly.

## Avoid sunburns

They can significantly slow skin's ability to release excess heat. Use sunscreen!

Red Cliff's Legendary Waters Resort and Casino is the designated cooling shelter in extreme heat events and power outages. Notices will be shared if/when cooling shelter is initiated. Legendary Waters Resort and Casino is located at 37600 Onigamiing Drive, Bayfield, WI 54814 and can be contacted at 800-226-8478



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