

Allegiance Mobile Health

Beat the HEAT

Tips to help stay cool and safe in the South Texas Heat!



Drink plenty of water
Limit outdoor activity
Take frequent breaks

Wear lightweight/loose fitting clothing
Stay in an air-conditioned room
Check on relatives and neighbors
Young children and pets should never be left in vehicles

Anyone overcome by heat should be
moved to a cool/ shaded location.

Heatstroke is an emergency
Call 911