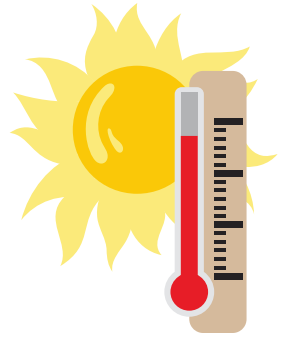




Extreme Heat

FEATURE: Special Edition

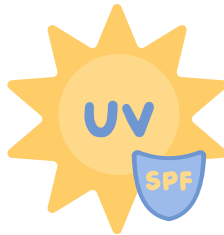


5-2-1-0 prepares you for extreme heat!

BE PREPARED FOR EXTREME HEAT

Prepare as a family for extreme heat. This is crucial to make sure everyone is safe during hot weather conditions. Here are some ways to prepare:

- Stay informed on weather forecasts and heat advisories.
- Apply sunscreen with a high SPF.
- Drink plenty of water.
- Create a family emergency plan.
- Use A/C, fans, and shade to stay cool.
- Wear lightweight, loose-fitting, and light-colored clothing.
- Limit outdoor activities during the hottest part of the day (usually between 10 a.m. and 4 p.m.).



Source: Ready.gov

STAY HYDRATED!

Did you know that you should drink half of your weight in ounces of water per day? Drinking water is the best way to stay hydrated! Drinking is not the only way to get the fluids you need to be hydrated though. Fruit is a great source of hydration. In fact, watermelon is 92% water, making it the perfect hydrating fruit to eat in this extreme heat.



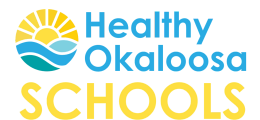
Source: The Family Nutritionist

FOR AN ACTIVITY BOOKLET ON PREPARING FOR EXTREME HEAT:

Visit <http://bit.ly/3Ot57XL>
or scan the QR code provided.



The 5-2-1-0 Feature
is brought to you by:



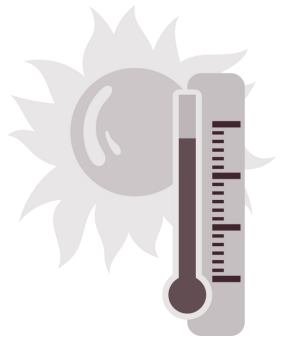
SHARE YOUR 5-2-1-0 FUN
ON SOCIAL MEDIA:
#HealthiestWeightFL

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>



Extreme Heat

FEATURE: Special Edition

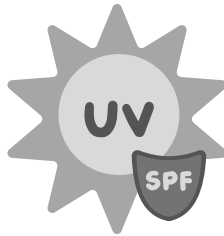


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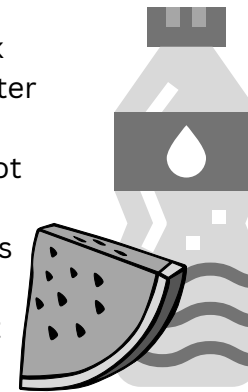
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