

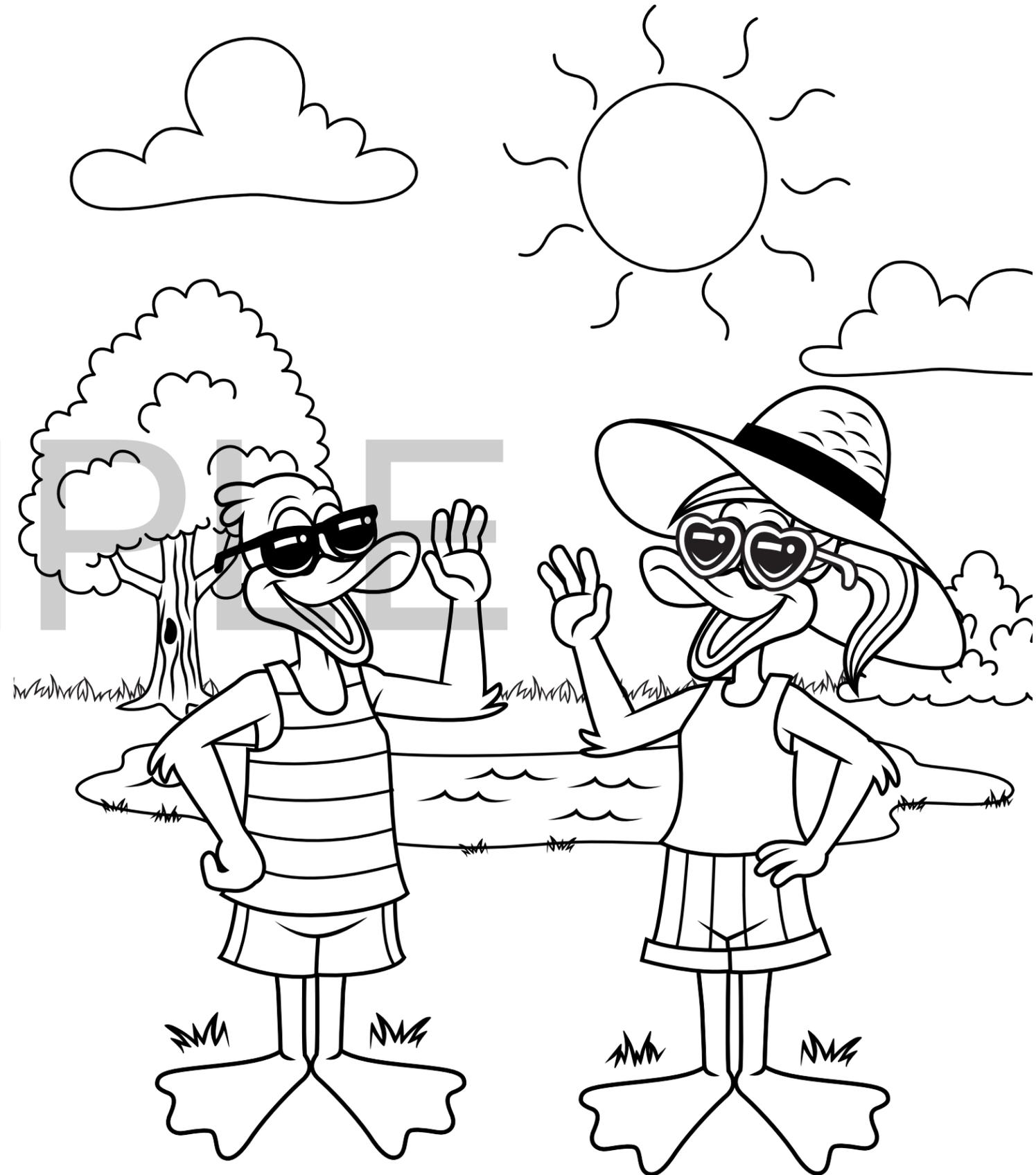
# HEAT SAFETY

How to Stay Cool When It's Hot Out

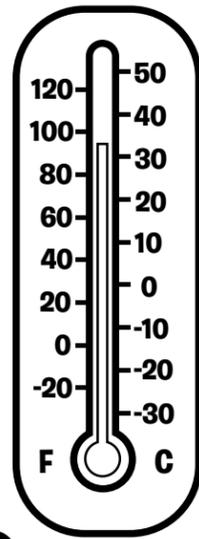


**Hi! We're Wendell and Penelope, and we're going to teach you all about staying safe when it's hot outside!**

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**Look at this thermometer—it's going to be super hot today! When we see the temperature getting high, we know it's time to be extra careful.**



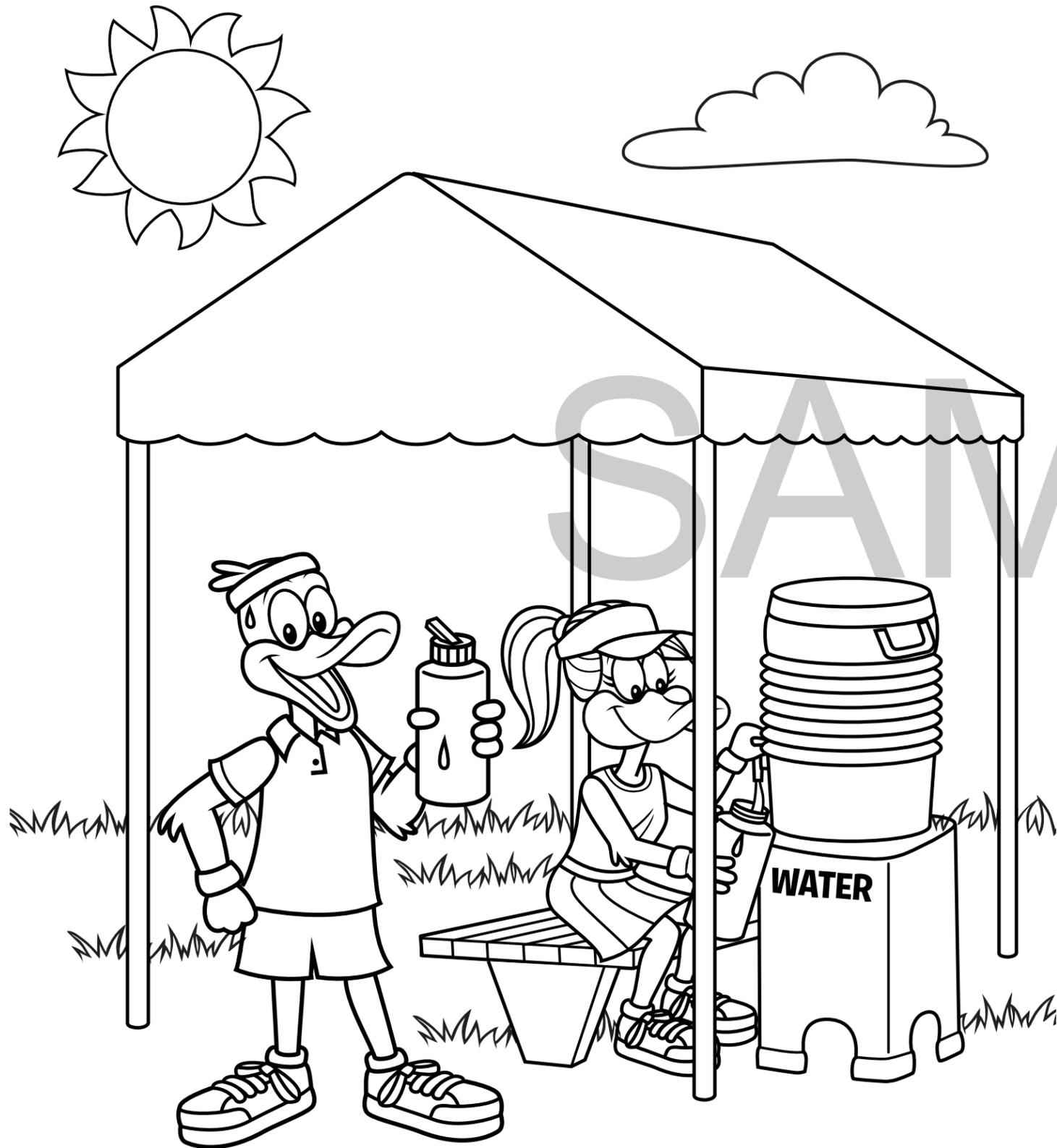
**When it's hot out, light-colored, loose-fitting clothes are best. They help keep you cool and comfortable. Check out Penelope's summer outfit!**



**The most important thing to remember on hot days is to drink lots of water! We always carry our water bottles and refill them when they get low.**

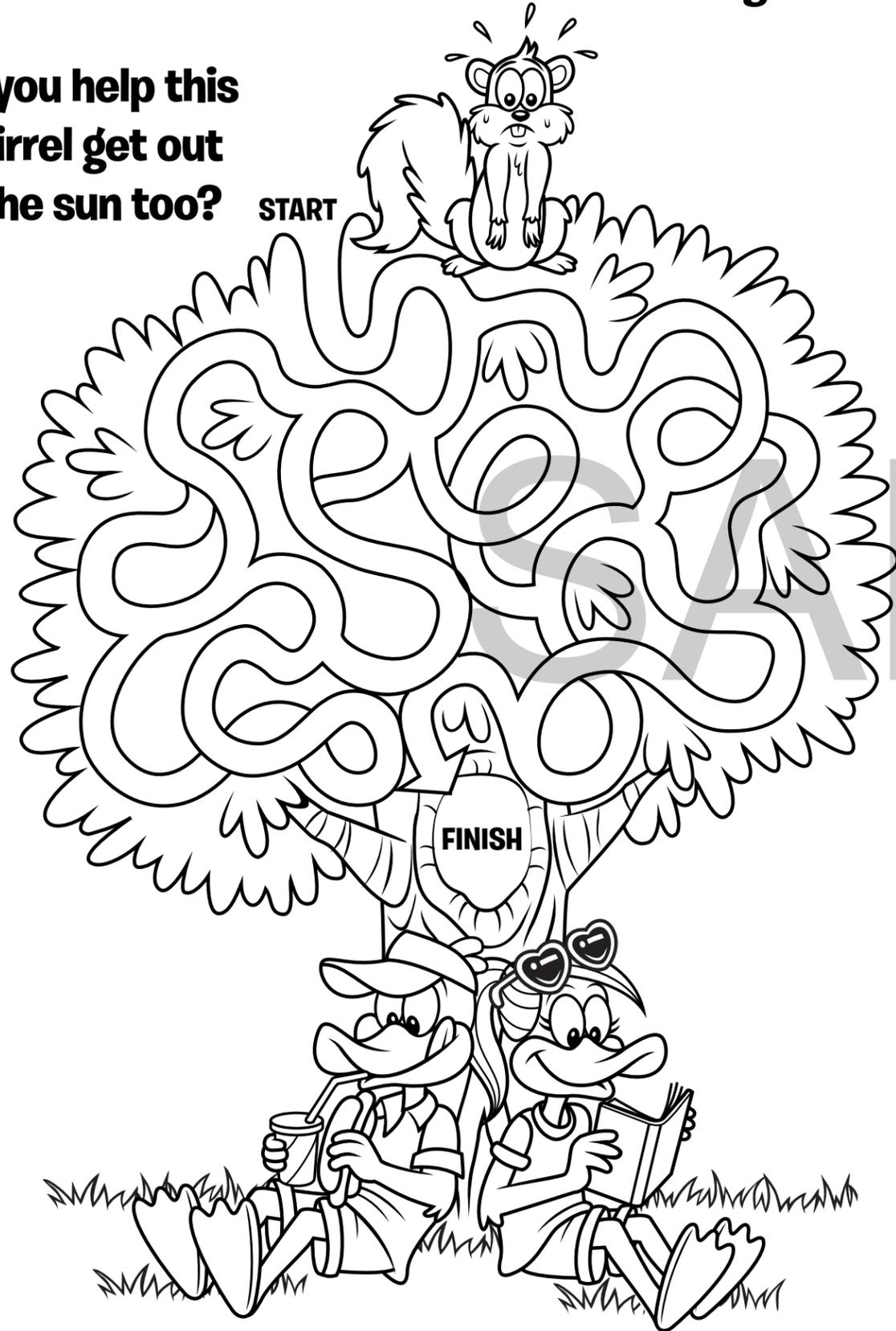
**You can personalize your water bottle by adding stickers and decorations.**

**Try it out by coloring this water bottle and drawing some stickers on it!**

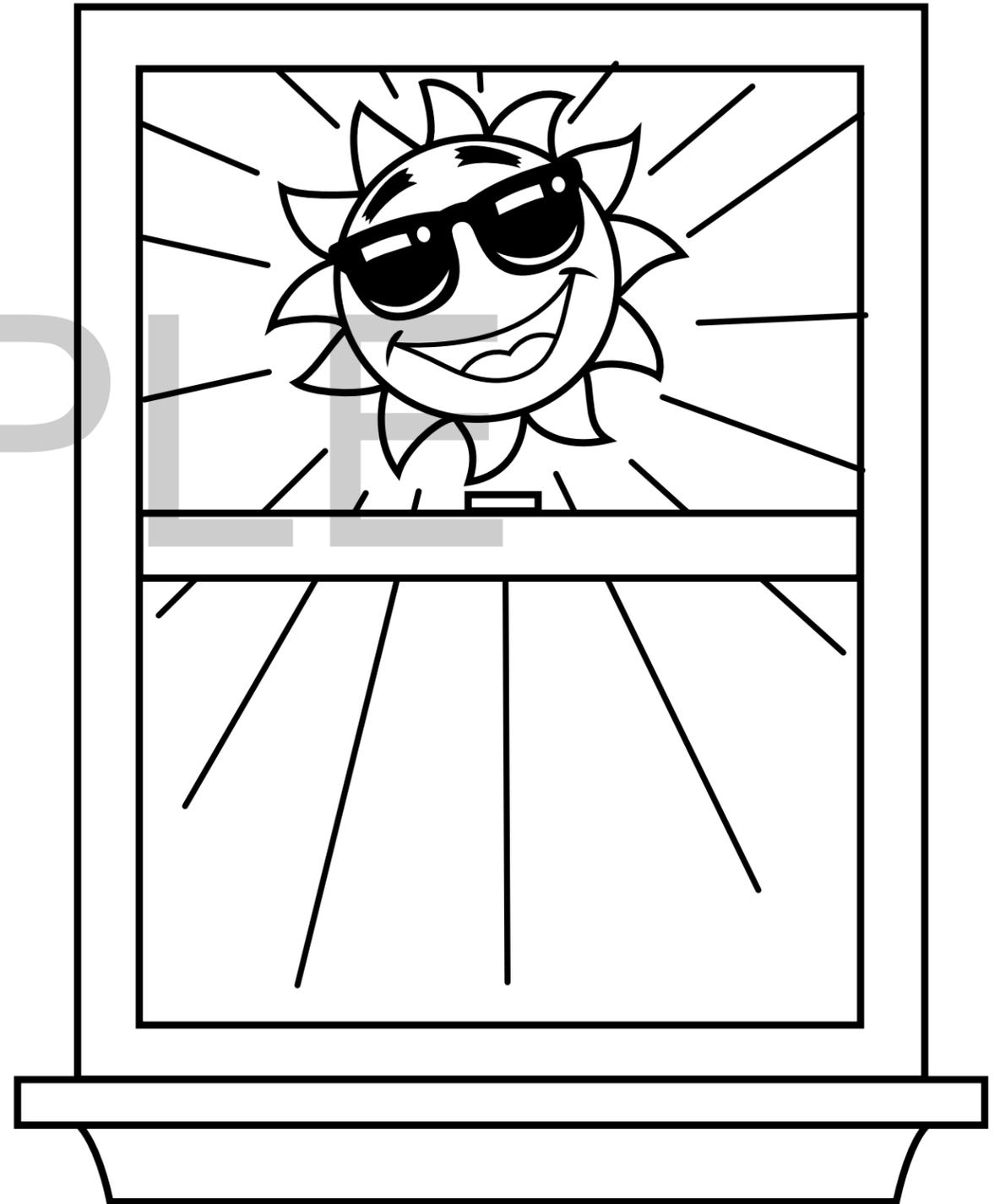


**We love playing outside, but we always look for shady spots like under this big tree. The shade keeps us much cooler than we'd be in direct sunlight!**

**Can you help this squirrel get out of the sun too?** **START**



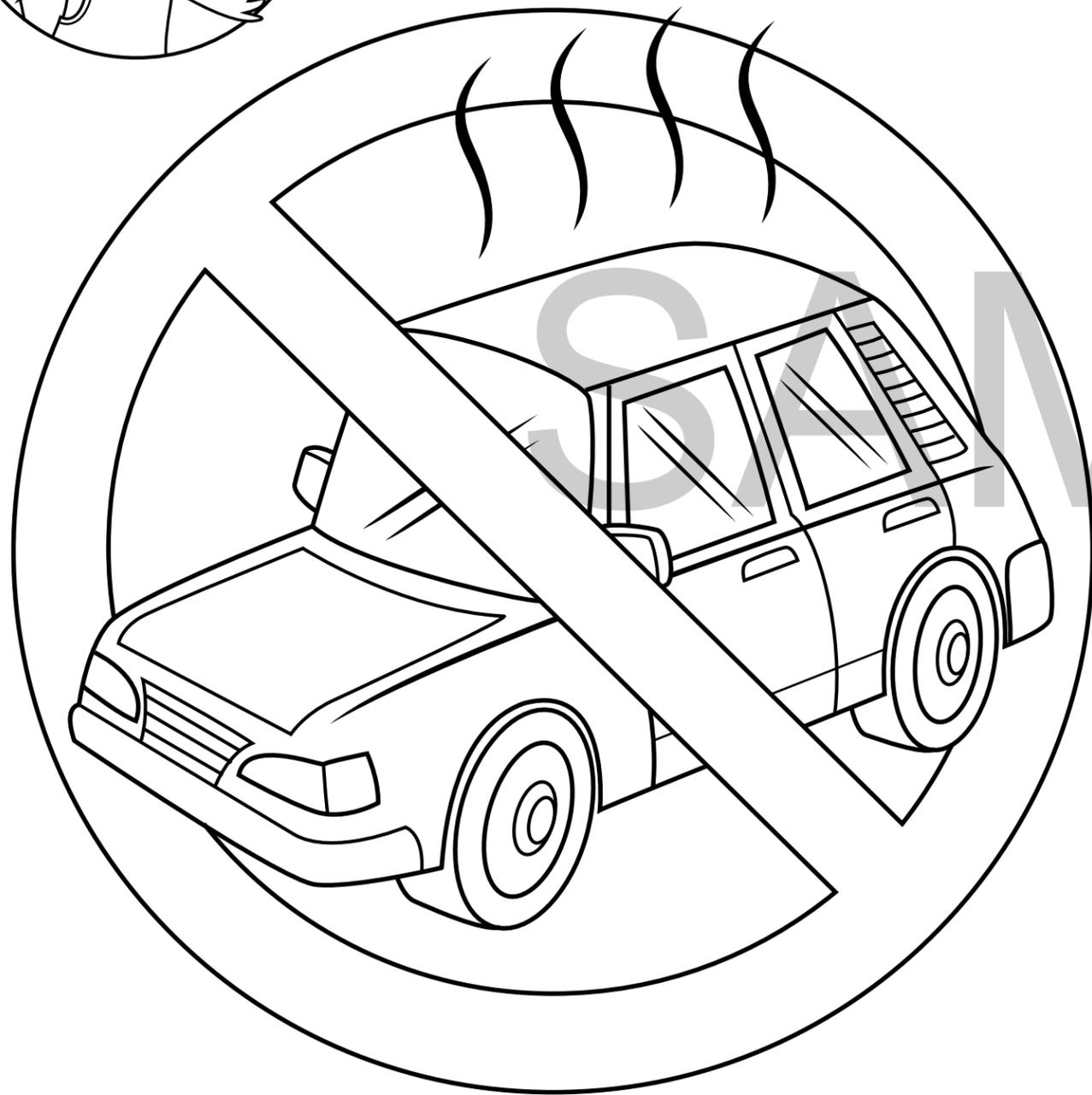
**Pay attention to the time of day. When it's hot out, avoid going outside in the middle of the day when the sun is highest. It's a good time to stay inside where it's cool.**



**Now for a very serious rule: never play in a car!**



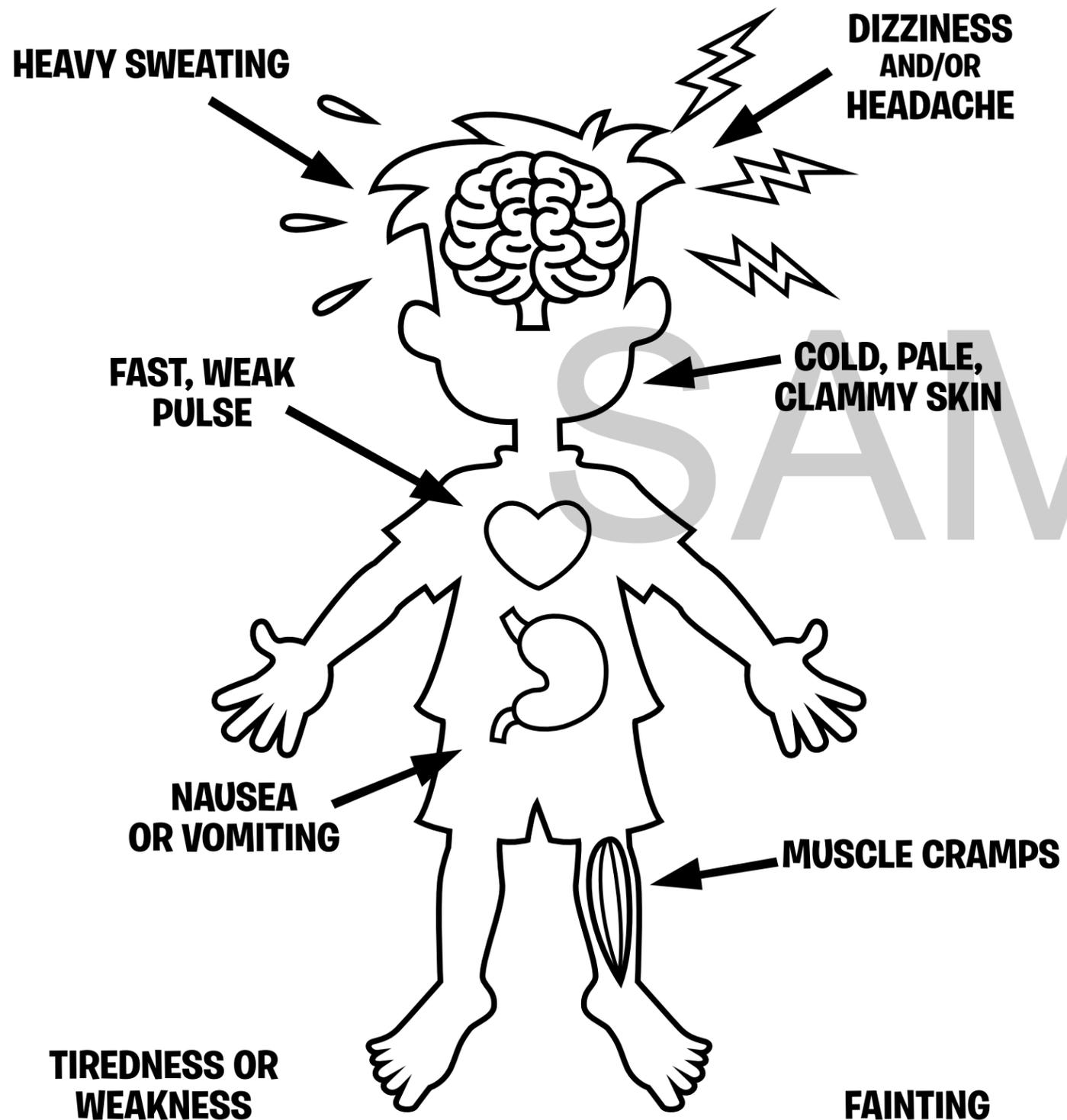
**Even with the windows open,  
cars get dangerously hot inside  
and kids can get trapped, even  
if the car is unlocked.**



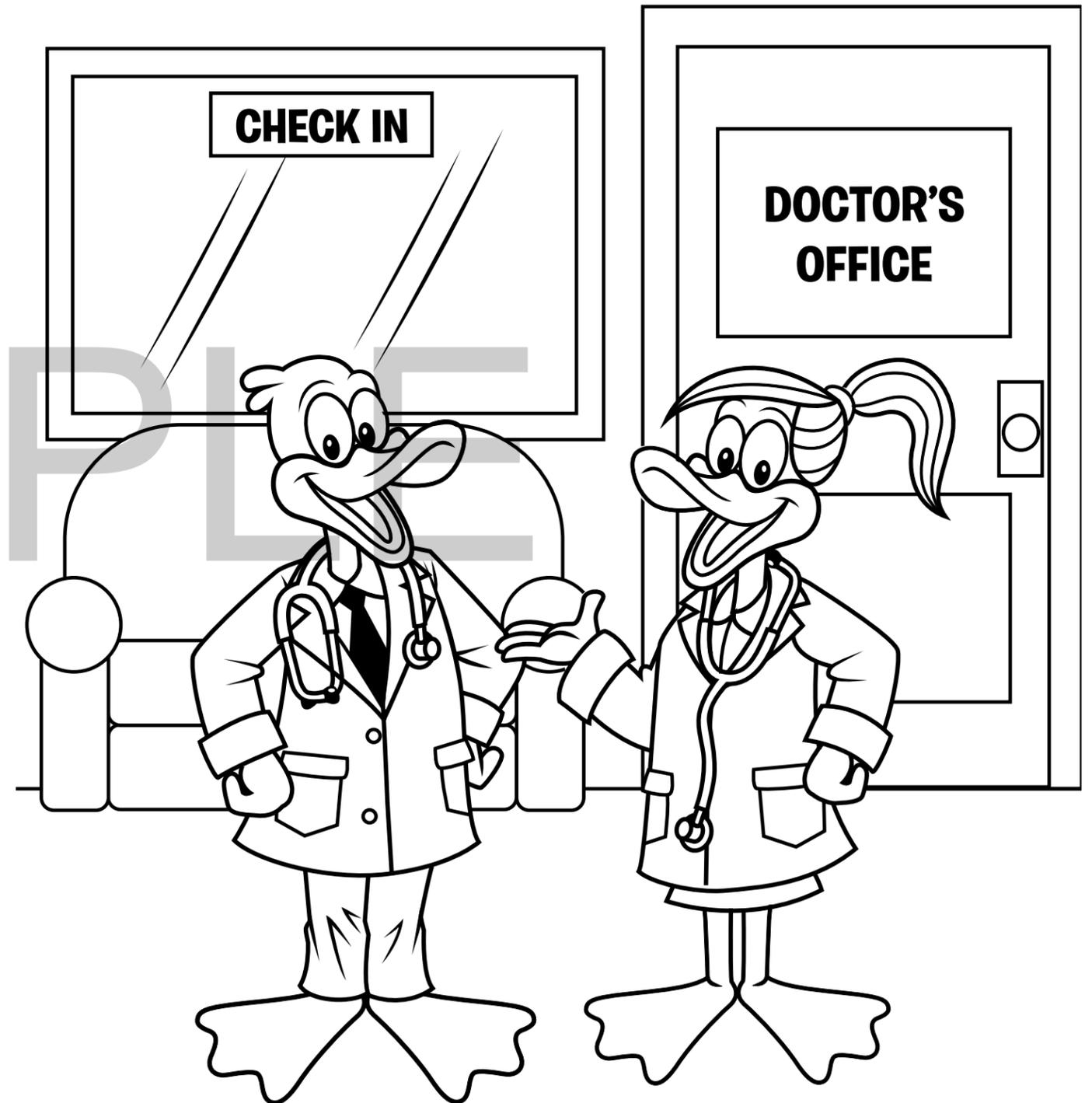
**Playing in the water can be a great way to cool off.  
Can you connect the dots to see where Wendell and  
Penelope are playing?**



**It's important to know when you're getting too hot. If you have a headache or feel dizzy or tired, tell a grown-up right away! Here are some signs that you may be getting too hot:**



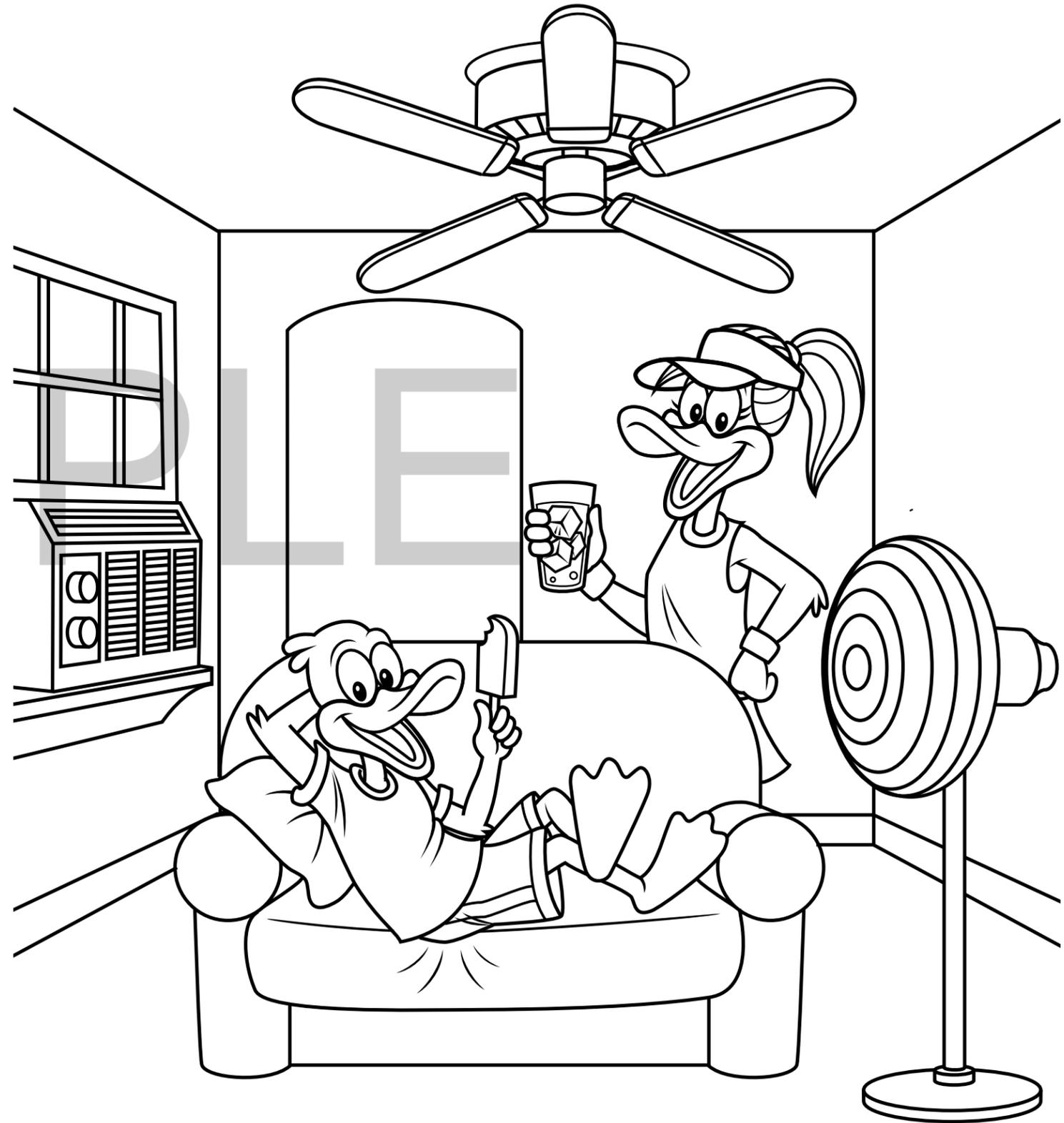
**Here's what grown-ups might do if you're too hot: help you get to a cool place, give you water, and help you rest. They might even have to take you to the doctor.**



**Sunscreen, sunglasses, and hats are important protection from the sun. Use these hot-weather helpers to stay safe on hot days!**



**When it's too hot to play outside, we cool off indoors. Can you find all 5 things we use to keep cool?**



**Heavy, salty, or fatty foods are not the best choices when it's hot out.**



**Try these cool, healthy snacks instead. Fresh fruits are our favorites—they help keep us hydrated, too!**



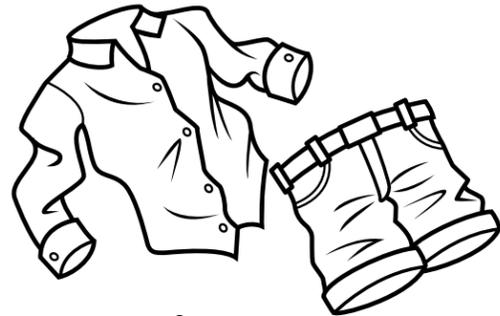
**Thanks for learning about heat safety with us!  
Let's remember our heat safety rules together!**



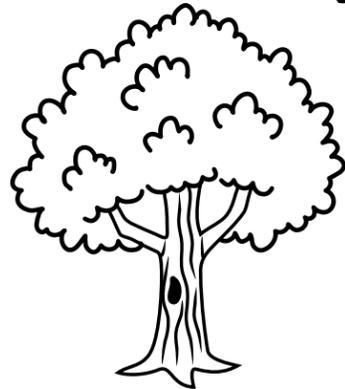
**Drink lots of water.**



**Wear light, loose clothes.**



**Stay in the shade.**



**Play inside during the hottest part of the day.**



**Tell a grown-up if you feel sick.**



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