When it’s hot outside, it’s time to take precautions. Here are some tips to protect yourself while in the heat. The CDC recommends:

Drink plenty of fluids regardless of your activity level. Drink two to four glasses of cool fluids each hour. Replace salt and minerals lost through sweating by drinking a sports beverage.

Choose light-colored, loose-fitting clothing. Wear a wide-brimmed hat and sunglasses with UVA and UVB protection.

Use sunscreen. Apply a product rated SPF 15 or higher 30 minutes before going out.

Pace yourself. Begin slowly and pick up the pace gradually. If your heart begins to pound and you begin gasping for breath, STOP all activity. Move to a cool area or at least into shade to rest, especially if you feel lightheaded or weak.

Don’t depend on a fan to cool yourself. When the temperature is in the high 90s, fans will not prevent heat-related illness.