

## **Heat Wave PSA (:30)**

This is an important message from the U.S. Department of Health and Human Services.

In a heat wave, keeping your cool will keep you healthy. People and animals should stay indoors. If you don't have air conditioning, go to the mall or the library or a community relief shelter. Remember to drink more fluids, but avoid alcohol and high sugar drinks. When going out, wear light clothing and never leave any persons, especially infants or young children, or animals in a closed, parked vehicle.