

KEEP YOURSELF HYDRATED

Drink water and other beverages. Avoid alcohol and caffeine.



MAKE SMART CLOTHING CHOICES

Wear light-colored, lightweight clothing that is loose-fitting.



KEEP YOUR EYES PROTECTED

Wearing sunglasses is an easy step you can take to protect your eyes from harmful UV rays and help preserve your vision.



PUT A LID ON IT

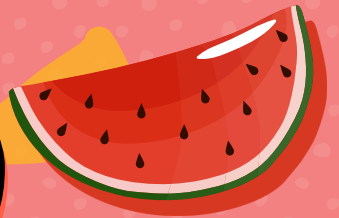
Wearing a hat goes a long way to keeping you cool and safe in the warm weather. Straw hats are best because they help heat escape.



SAFE SUMMER SUN

EAT FOR THE WEATHER

Go light on the protein and opt for a salad or fresh fruit instead.



REQUEST SUNSCREEN

Ask your care team for sunscreen when participating in activities outdoors and be mindful when it needs to be reapplied.



SEEK SHADE

Avoid peak hours when the sun's rays are strongest. Know areas where shade is available, and take advantage of air conditioning.

