

- **Heat Advisory July 21, 2011** The MA Department of Public Health has issued a heat advisory from noon to 9pm today. The heat wave is expected to last 2-3 days. Heat exhaustion and heat stroke are unpleasant side effects of hot weather. Prevention is the best defense during hot weather.

[Check Out Video Here](#)

Fluids: Don't wait until you're thirsty to drink. Drink more fluids (nonalcoholic) than usual, regardless of your activity level. While exercising, drink two to four glasses of cool, nonalcoholic fluids each hour. A sports beverage can replace the salt and minerals you lose in sweat.

Keeping Cool: Wear lightweight, light colored, loose fitting clothing. Stay indoors during the peak heat hours of the day. If your apartment or res hall does not have air conditioning, go to the Curry Student Center, the shopping mall, library or other air conditioned space-even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

Outdoor Activity: Limit your outdoor activity and exercise to the morning and evening hours when the sun is lower in the sky. It is important to rest often in shady areas.

Protection: Protect yourself from the sun by applying sunscreen of SPF 15 or higher, wearing a wide-brimmed hat and sunglasses.