

This hot weather can be very dangerous. Please take precautions .....

- Drink lots of water
- Find a shady spot when outdoors
- Limit your outdoor activity
- Stay in air conditioning when possible
- Wear light weight clothes
- Protect yourself from the sun by wearing a hat, sunglasses and sunscreen
- DON'T LEAVE ANYONE IN A CLOSED PARKED VEHICLE
- Check on seniors and disabled persons

Remember that the same precautions apply to your pets.

The City of Hammond has Cooling Centers at ALL **Fire Stations**, the **Police Department** and **Libraries** during regular business hours.

Please watch out for your neighbors and be careful!