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(Artist Credit required)

**** Click [here](#) for translations (Arabic, Spanish, Portuguese, Haitian Creole, Chinese)**

Pre-season

“

- *Stay cool with community*
- *Stay cool with your friends*
- *Help your loved ones stay cool in the heat*
- *Be a good neighbor and check on family, friends, and neighbors, especially the elderly, those who live alone, those with medical conditions and those who need additional assistance. Help your neighbor install AC if needed.*
- *Come to the [name] splash pad/pool/beach*
- *Weatherize Your Home!*
- *Did your house have fans, air conditioning, or another way to keep cool?*
- *Learn more about places you can go to stay cool: [website]*
- *Learn more about who is most at risk and how to stay cool in the heat at: [website]*
- *Learn more about who faces increased heat risk and how to stay cool at: [website]*
- *Learn more about recognizing and responding heat illness at: [website]*

”

First Heatwave

Cooling Tips - General

“

- *Hot Tips to Stay Cool!*
- *Stay cool while having fun*
- *Drink water and take plenty of breaks in the shade.*
- *Stay cool in the shade*
- *Drink Plenty of Fluids: Drink more fluids, regardless of how active you are. Don't wait until you're thirsty to drink. Avoid alcoholic beverages, caffeinated, and sugary drinks. And Keep Your Pets Hydrated too!*
- *Clothing: Wear lightweight (cotton), loose fitting clothes. Dark colors attract heat.*
- *Pace Yourself: Cut down on exercise during the heat. If you're not accustomed to working or exercising in a hot environment, start slowly and pick up the pace gradually.*
- *Heat is more dangerous for children.*

”

First Heatwave

Cooling Tips-Indoors

“

- *Stay cool at home*
- *Cover windows with drapes or shades to block off the heat from the sun*
- *Avoid Hot and Heavy Meals: they add heat to your body!*
- *Do not use a stove or an oven. Instead, eat light meals that do not require cooking as this helps maintain a cooler temperature in your home.*
- *Do not rely on a fan as your main cooling source when it's really hot outside.*
- *When the temperature is above 90, stay in an air-conditioned place as much as possible.*
- *Cool off by taking cool showers or baths and using a wet cloth around your neck.*
- *Use your AC or fan, drink water, take a cool shower, and keep your curtains closed.*

”

First Heatwave

Cooling Tips-Outdoors

“

- *Drink a lot of water, regardless of how active you are. Don't wait until you're thirsty to drink. Avoid alcoholic beverages, caffeinated, and sugary drinks. And keep your pets hydrated too!*
- *Never leave a child, adult, or animal in a car on a warm day: Cars can quickly heat up to temperatures above 120*, even with a window cracked open. Anyone left in a parked car is at risk of getting a heat stroke or dying.*
- *Practice Sun Safety: Wear sunscreen and sunglasses that filter UV light.*
- *Stay cool on the field and on the court*
- *Stay cool while on the go*
- *It's easy to overheat when exercising in extreme heat. Drink water – even if not thirsty – and take breaks in the shade.*

”

First Heatwave

Cooling Tips – For Pets

“

- *Help your furry friends stay cool outdoors/indoors*
- *Provide pets plenty of shade and water, limit activities during the heat of the day, and never leave them alone in a parked car.*

”

Cooling Tips – For Workers

“

- *Stay cool on the job*
- *Working hot conditions? Drink water – even if not thirsty – and take breaks in the shade.*

”

First Heatwave

Heat Illness Signs

“

- *How to tell if someone is having a heat-related health emergency?*
- *Stay cool by spotting early heat stress*
- *Recognize early signs of too much heat: muscle cramps, rash, fatigue*
- *Stay cool and know heat exhaustion signs*
- *Recognize the signs of heat stroke - confusion, hot/dry skin, high body temperature, loss of consciousness. Call 911 immediately.*

”

First Heatwave

Heat Exhaustion

“

Signs

- *Fast heart rate*
- *Dizziness/Nausea*
- *Thirst*
- *Heavy Sweating*
- *Fatigue/Weakness*

Emergency Actions

- *Act fast, it can lead to heat stroke*
- *Move to a cooler area*
- *Loosen clothing*
- *Sip cool water*
- *Seek medical help if symptoms don't improve*

”

First Heatwave

Heat Stroke

“

Signs

- *Confusion*
- *Dizziness*
- *Becomes Unconscious*

Emergency Actions

- *Act fast. It can cause permanent disability or death if emergency treatment is not given*
- *CALL 911 immediately*
- *Move person to a cooler area*
- *Loosen clothing and remove extra layers*
- *Cool with water or ice*

”

First Heatwave

“

Groups most at risk to heat:

- *Infants and children*
- *Elderly*
- *People with existing medical conditions (such as high blood pressure, diabetes, kidney disease, asthma and COPD, and mental health conditions)*
- *People taking certain medications (consult your doctor)*
- *People who are pregnant or nursing*
- *People with disabilities*
- *Outdoor and Indoor Workers*
- *Athletes*
- *People who can't cool at home*

”

Mid-Summer

“

- *Stay cool in a community space that has air conditioning*
- *Stay cool while having fun*

”

Prompts to engage with your community:

“

- *What did you eat or drink to cool down in the summer?*
- *How did you stay cool growing up?*
- *What were summers like in your homeland?*
- *Are there cooling traditions from your culture or country you want others to know about?*
- *How does the heat here compare to where you grew up?*

”

Slogans by Language

English

- *Keep Your Cool*
- *Be Cool, Stay Cool*
- *Cool Vibes Only*
- *Summer Chill*
- *Heat Wave Ready*

Spanish

- *El Calor No Espera / The Heat Doesn't Wait*
- *Al Rescate Del Calor / Rescue From the Heat*
- *Uff, Que Calor / Uff, What Heat*
- *Ese Calor No Juega / This heat Does Not Play*
- *Calor Con Estilo / Heat with Style*

Slogans by Language

Portuguese

- *O Calor Não Espera / The Heat Doesn't Wait*
- *Resgate Do Calor / Rescue From the Heat*
- *Ufa, Que Calor / Uff, What Heat*
- *Esse Calor Não é Brincadeira / This Heat is No Joke*
- *Calor Com Estilo / Heat with Style*

Simplified Chinese

- *顺时养生·防暑有方 / Follow The Seasons To Nourish Life - There Are Ways To Prevent Heat*
- *#大暑来袭·凉爽出击 / Major Heat Strike - Strike Back w/ Cool*
- *防暑大作战 / Battle against the heat*

How Animals Stay Cool

*** Check out Animals Are Cool Brand Kit for visual assets

Emperor penguins

“ *Emperor penguins use social thermoregulation to regulate their body temperature. This means that penguins work together when it's cold to regulate their temperatures. To stay warm, penguins huddle up (and they'll disperse when they get too warm).*

– excerpt from Animals Are Cool with editing by Hania Mariën (Wombat Wisdoms)

”

Poem Excerpt

“Did you know that emperor penguins cuddle?

In groups of hundreds or thousands they nudge and nuzzle?

In the huddle everyone has a place.

Little ones in the middle where they are safe.”

– excerpt from Animals Are Cool with poems by Anna Lucia Deloia

Please credit our artist as shown above if you use the poem !

How Animals Stay Cool

*** Check out Animals Are Cool Brand Kit for visual assets

African elephants

“

African elephants will use water and mud to cool off. They use evaporation cooling to regulate temp because they don't have sweat glands so when water evaporates it draws heat away from their body

– excerpt from Animals Are Cool with editing by Hania Mariën (Wombat Wisdoms)

”

Poem Excerpt

“SPLASH time

Bath time

Mud time

Fun time

In the blazing sun time”

– excerpt from Animals Are Cool with poems by Anna Lucia Deloia

Please credit our artist as shown above if you use the poem !

How Animals Stay Cool

*** Check out Animals Are Cool Brand Kit for visual assets

Gopher tortoises

“ *If gopher tortoises get too hot they will look for shade to cool down. They spend most of their times in burrows underground, so this is if they are above ground.*

– excerpt from Animals Are Cool with editing by Hania Mariën (Wombat Wisdoms)

”

Poem Excerpt

*“Tortoise, old tortoise
Asleep in the shade
Or deep underground in
The burrow you made.”*

– excerpt from Animals Are Cool with poems by Anna Lucia Deloia

Please credit our artist as shown above if you use the poem !

How Animals Stay Cool

*** Check out Animals Are Cool Brand Kit for visual assets

Hippos

“

Hippos make their own sunscreen out of an oily substance! It protects them from getting burnt and stays on while they are in the water.

– excerpt from Animals Are Cool with editing by Hania Mariën (Wombat Wisdoms)

”

Poem Excerpt

“And in the sunshine

Hippos gleam

And block UV

With hippo-screen

And never burn

Their hippo skin”

– excerpt from Animals Are Cool with poems by Anna Lucia Deloia

Please credit our artist as shown above if you use the poem !

How Animals Stay Cool

*** Check out Animals Are Cool Brand Kit for visual assets

Prairie dog

“ Prairie dog burrows are built to create ventilation and air circulation. The shape of the entrance and inside space causes wind to blow through the burrow in one direction. One entrance is low, and another is higher, kind of like a chimney! Wind blows faster higher up, so air is sucked out of the chimney higher up.

– excerpt from Animals Are Cool with editing by Hania Mariën
(Wombat Wisdoms)

”

Poem Excerpt

“Have you ever

Ever seen

A prairie dog

Ac machine?

They don't use

Electricity

Just aerodynamic

Properties!”

– excerpt from Animals Are Cool with poems by Anna Lucia Deloia

Please credit our artist as shown above if you use the poem !

How Animals Stay Cool

*** Check out Animals Are Cool Brand Kit for visual assets

Koala

“ Koalas are nocturnal, allowing them to be awake during cooler periods. They will also hug trees (which are cooler than the air around them and their body temperature) to cool down.

– excerpt from Animals Are Cool with editing by Hania Mariën (Wombat Wisdoms)

”

Poem Excerpt

*“When all else fails and
You can’t escape the heat,
Find a cozy tree and go to sleep.
Make like a koala bear
And wake up when the evening air
Is dark and cool and sweet.”*

– excerpt from Animals Are Cool with poems by Anna Lucia Deloia

Please credit our artist as shown above if you use the poem !

How Animals Stay Cool

*** Check out Animals Are Cool Brand Kit for visual assets

The thorny devil

“ *The thorny devil is very spiky on the top. The underside has scales that collect dew in the morning, and scales that move water from the underside to the lizards mouth. This is called capillary action. Rain that falls on the lizards back can also be channeled towards the lizards mouth.*

– excerpt from Animals Are Cool with editing by Hania Mariën (Wombat Wisdoms)

”

Poem Excerpt

“Your spiky spiney

Shiny scales

Collect for you

The morning dew

And catch

The falling rain.”

– excerpt from Animals Are Cool with poems by Anna Lucia Deloia

Please credit our artist as shown above if you use the poem !

How Animals Stay Cool

*** Check out Animals Are Cool Brand Kit for visual assets

Honey bees

“ *If it gets too hot in a hive, worker bees go to the entrance and flutter their wings hard. This is called fanning. Water-foraging bees go find water which they bring back to the hive, which works along with the fanning to cool down the hive as the wind created moves over the cooler water. This is particularly important to keep the inside cool for larvae and pupae (baby bees!) That are more sensitive to heat.*

– excerpt from Animals Are Cool with editing by Hania Mariën (Wombat Wisdoms)

”

Poem Excerpt

*“Well honeybee families swarm and buzz and hover!
They flap their wings to fan their sisters and brothers.”*

– excerpt from Animals Are Cool with poems by Anna Lucia Deloia

Please credit our artist as shown above if you use the poem !