Extreme Heat

FACEBOOK/TWITTER/INSTAGRAM: When the temperature is too hot, the risk of heat-related illnesses increases. Name your favorite county place to keep cool -- and be sure to know the signs of a heat-related illness. [https://www.health.ny.gov/publications/1243/](https://www.health.ny.gov/publications/1243/)

FACEBOOK: Get the information you need to protect your family from extreme heat. Resources from @NYSDOH-New York State Department of Health include information for:
- Beating the heat
- Athletes and coaches
- Workers and employers
- Heat data
- And more

TWITTER: Get the information you need to protect your family from extreme heat. Resources from @HealthNYGov include information for:
- Beating the heat
- Athletes and coaches
- Workers and employers
- Heat data
- And more

INSTAGRAM: Get the information you need to protect your family from extreme heat. Resources from @nysdoh include information for:
- Beating the heat
- Athletes and coaches
- Workers and employers
- Heat data
- And more
[Link in bio.](https://www.health.ny.gov/publications/1243/)

FACEBOOK/TWITTER/INSTAGRAM: Call, video chat, or text family, friends, and neighbors who may be more vulnerable to extreme heat. Make sure they are keeping cool and staying safe. #ExtremeHeat [https://www.health.ny.gov/environmental/emergency/weather/hot/](https://www.health.ny.gov/environmental/emergency/weather/hot/)

FACEBOOK: Believe it or not, there are times when it’s too hot to use a fan. Don’t just take our word for it, read more from the experts. [https://www.health.ny.gov/publications/6594/](https://www.health.ny.gov/publications/6594/)

TWITTER: Believe it or not, there are times when it’s too hot to use a fan. Don’t just take our word for it, read more from the experts, @HealthNYGov. [https://www.health.ny.gov/publications/6594/](https://www.health.ny.gov/publications/6594/)

INSTAGRAM: Believe it or not, there are times when it’s too hot to use a fan. Don’t just take our word for it, read more from the experts, @nysdoh Link in bio. [https://www.health.ny.gov/publications/6594/](https://www.health.ny.gov/publications/6594/)
FACEBOOK/TWITTER/INSTAGRAM: 5 ways to keep your cool during the heat, along with what to do if a heat-related illness should happen. https://www.health.ny.gov/publications/1243/