

7 WAYS TO BEAT THE HEAT



- 1 STAY HYDRATED.
- 2 WEAR SUNSCREEN.
- 3 WEAR EYE PROTECTION.
- 4 DRESS IN LIGHT-WEIGHT,
LOOSE-FITTING CLOTHING.
- 5 TAKE ADVANTAGE OF FRESH
FRUITS AND VEGETABLES.
- 6 CONSIDER A HANDHELD
FAN, MISTER, OR COOLING TOWELS.
- 7 LIMIT ALCOHOL INTAKE.



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