

Beat the Humidity

High temperatures prompt the human body to produce sweat, which cools the skin as it evaporates. But when sky-high **humidity** is also involved, evaporation slows down and eventually stops. One expert shares how to stay cool when the humidity is off the charts.

Stay inside

Limit exposure outdoors during hot days, particularly from 11 a.m. to 3 p.m., the hottest part of the day.

Hydrate

Drink fluids, even if you don't feel thirsty, and avoid alcohol. Drinking water can ease the load on the heart, kidneys and other organs.

Dress properly

If you have to go outside, wear loose, lightweight clothing and a hat. Take breaks often. Even moderate physical exertion such as walking greatly increases the heat your body's muscles will generate.

Check on others

Check in on neighbors who are elderly, house-bound or otherwise may be reluctant to ask for help. NEVER leave kids or pets in a closed, parked vehicle.

References

Dr. Maria Mejia, associate professor of family and community medicine at Baylor College of Medicine