

# WHAT TO WEAR IN HOT WEATHER

## Color

Choose light-colored clothing to stay cool; dark colors absorb heat.

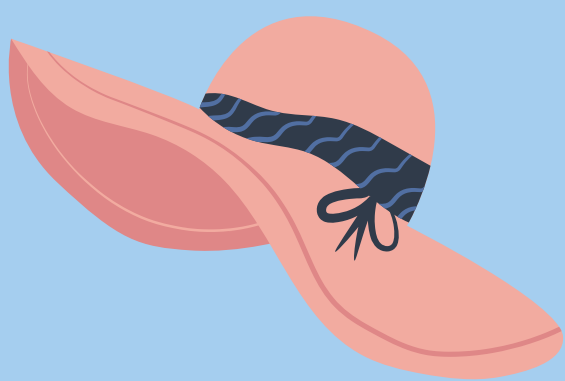
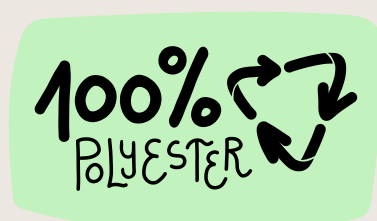


## Fit

Opt for loose-fitting, lightweight garments for effective sweat evaporation and cooling.

## Fabric

Select moisture-wicking materials like polyester, polypropylene, or nylon blends. Avoid cotton, silk, and linen.



## Accessories

Wear moisture-wicking socks, a wide-brimmed hat, and UV-protective sunglasses for added comfort and sun safety.

## Sun Protection & Weather Awareness

Apply water-resistant sunscreen (SPF 30+) and consider SPF-labeled clothing. Monitor temperature and humidity, adjust your activities accordingly, and stay hydrated in dry climates.



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