**Tips for heat related illness**

* Get Plenty to Drink. Sweating removes needed salt and minerals from the body. ...
* Stay Cool Indoors. The best way to beat the **heat** is to stay in an air conditioned area. ...
* Wear Light Clothing and Sunscreen. ...
* Schedule Outdoor Activities Carefully
* For more info please visit CDC Tips for Preventing Heat-Related Illness:

<https://www.cdc.gov/disasters/extremeheat/heattips.html>

**Tips for avoiding heart diseases**

* Don't smoke or use tobacco. ...
* Exercise for about 30 minutes on most days of the week. ...
* Eat a **heart**-healthy diet. ...
* Maintain a healthy weight. ...
* Get enough quality sleep. ...
* Manage stress. ...
* Get regular health screenings.
* For more info please visit CDC Tips for avoiding heart related diseases

<https://www.cdc.gov/heartdisease/what_you_can_do.htm>

**Tips for avoiding lung related diseases**

* **STOP** SMOKING. Smoking damages your **lungs** and increases your risk for a number of **diseases** including **lung** cancer and COPD. ...
* WASH YOUR HANDS. ...
* COVER YOUR COUGHS. ...
* CLEAN HOUSE. ...
* CHECK YOUR HOME FOR RADON
* For more info please visit CDC Tips for avoiding lung related diseases
* <https://www.cdc.gov/tobacco/campaign/tips/diseases/secondhand-smoke-asthma.html>