**Summer Survival Guide**  
40 Hot-Weather Tips to Stay Cool, Safe & Happy  
Stay refreshed, stay smart!  
Presented by [Your Name]  
[Date or Event Name]

**Why Summer Tips Matter**

Summer brings heat, sun, bugs, and fun.  
Without care, it can also bring trouble.  
Heatstroke, dehydration, and sunburn are real risks.  
These tips help you enjoy summer safely.  
Let’s dive in!

**Hydrate Often**

Water is your best friend in summer.  
Aim for at least 8 glasses a day.  
Avoid soda, alcohol, and energy drinks.  
Carry a reusable water bottle everywhere.  
Add fruit for flavor if needed.

**Dress for the Weather**

Wear light, breathable clothing.  
Choose cotton or moisture-wicking fabric.  
Light colors reflect heat better.  
Avoid tight or dark clothes.  
A wide-brimmed hat helps, too.

**Use Sunscreen Daily**

SPF 30 or higher is a must.  
Apply 15 minutes before sun exposure.  
Reapply every 2 hours.

**Eat Summer-Friendly Foods**

Opt for fresh fruits and veggies.  
Watermelon, berries, and cucumbers hydrate.  
Avoid heavy, greasy meals.  
Salads and smoothies are great choices.  
Stay light and feel light!

**Time Outdoor Activities Right**

Avoid outdoor chores from 10 AM to 4 PM.  
Early mornings and evenings are cooler.  
Take frequent shade breaks.  
Listen to your body.  
Rest when needed.

**Recognize Heat Stroke Signs**

Watch for dizziness or nausea.  
Skin may be red and dry.  
You may stop sweating.  
Seek cool shade and drink water.  
Call for help if severe.

**Slide 9: Keep Cool at Home**

Use fans or air conditioning.  
Close blinds during the day.  
Open windows at night for airflow.  
Take cool showers or baths.  
Create a DIY cooling mist spray.