



TXU Energy

BEAT THE HEAT

- **Do not turn off your air-conditioner.**
- **Use ceiling fans to create a breeze.**
- **Drink one glass of cool water for every 20 minutes of heat exposure.**
- **Avoid eating hot foods and heavy meals.**
- **Take cool showers and baths.**
- **Wear loose, light-colored absorbent cotton clothing.**
- **Wear a wide-brimmed hat while outside.**
- **Limit exercise or strenuous physical activities to early morning or late evening.**



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