

A GUIDE TO HEAT SAFETY

How Can I Prevent Heat-Related Illnesses?



Wear clothing to cover skin exposed to the sun.



Stay hydrated.

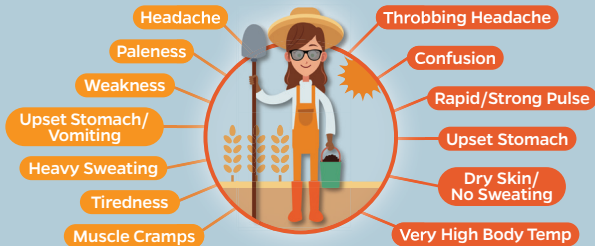


Avoid dehydrating liquids.



Take frequent breaks in a cool area.

HEAT STRESS VS HEAT STROKE



In Case of Emergency:

Call 911 and seek medical attention right away if:

- You are throwing up
- Your symptoms get worse
- Your symptoms last longer than one hour
- You believe you are experiencing a heat stroke