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

Heat Stress:
- Headache
- Paleness
- Weakness
- Upset Stomach/Vomiting
- Heavy Sweating
- Tiredness
- Muscle Cramps

Heat Stroke:
- Throbbing Headache
- Confusion
- Rapid/Strong Pulse
- Upset Stomach
- Dry Skin/No Sweating
- Very High Body Temp

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