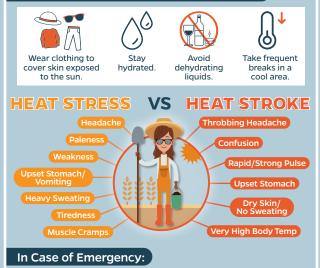
## A GUIDE TO HEAT SAFETY

## How Can I Prevent Heat-Related Illnesses?



## 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

Southeastern Coastal Center for Agricultural Health and Safety

