

# Beat The Heat With These Tips!



Heat-related illnesses are very serious and can escalate quickly. Take precautions to stay safe as the temperatures rise.

## Take Precautions



### Drink Water

Stay hydrated at all times. Avoid sugary drinks, caffeine, & alcohol!



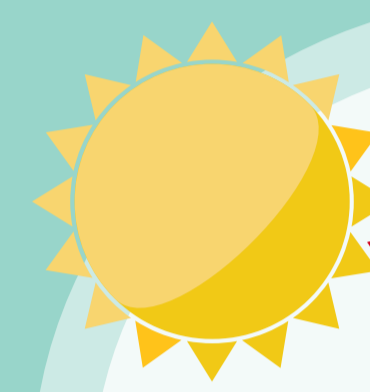
### Wear Light Clothes

Loose fitting, lightweight, & light colored clothes help to keep cool.



### Cool Down

Cool off under shade or air conditioning often.



### Pace Yourself

Avoid direct sunlight or excessive activities in heat.

Note: Certain medications, drugs (including cocaine, MDMA, and methamphetamine) and alcohol can cause dehydration or increase your body temperature.

## Know the heat injury warning signs

Headaches

Weakness

Muscles Cramps



Confusion

Nausea

Clammy Skin

If you experience any of these symptoms, drink water, move to a cool place, and rest.  
Call 911 if your symptoms get worse.