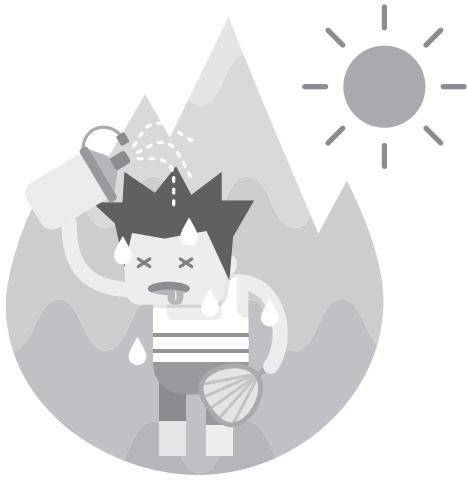
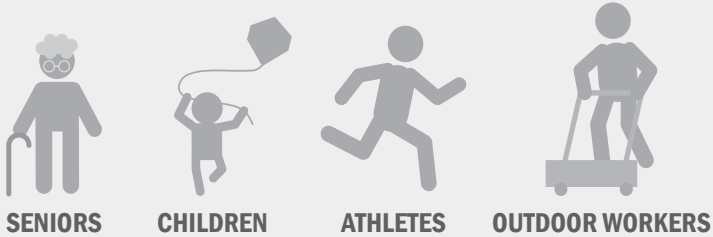


Excessive Heat



WHO IS AT RISK



PREVENTION



DRINK WATER



NO ALCOHOL or CAFFEINE



COOL SHOWERING



WEAR LIGHT-WEIGHT CLOTHING



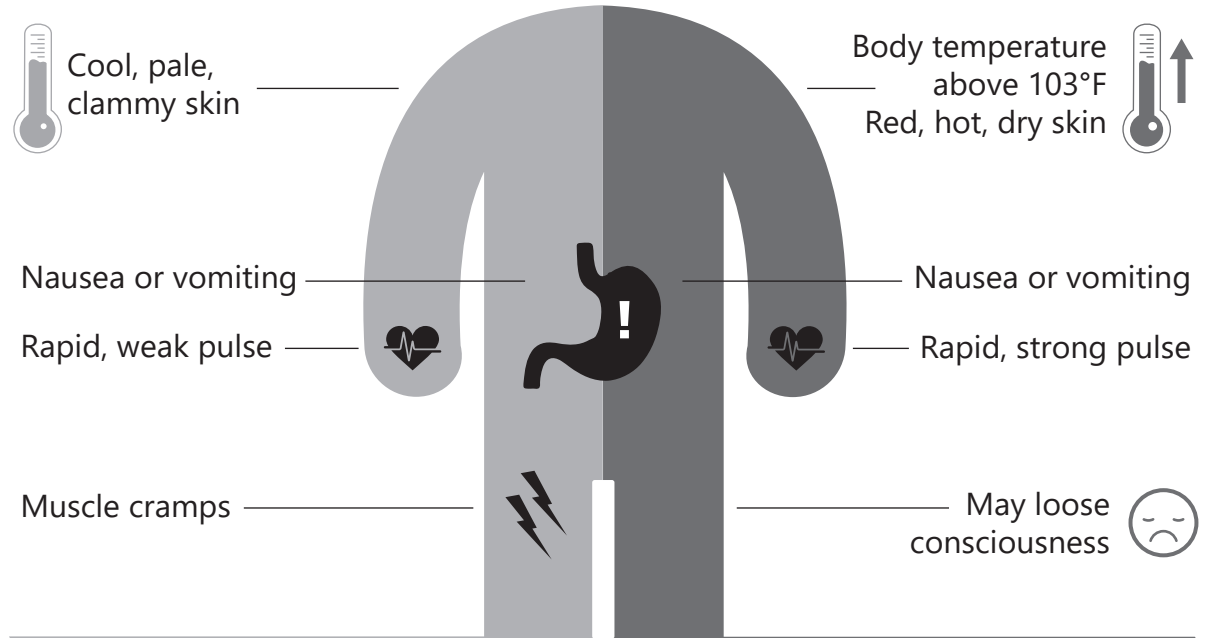
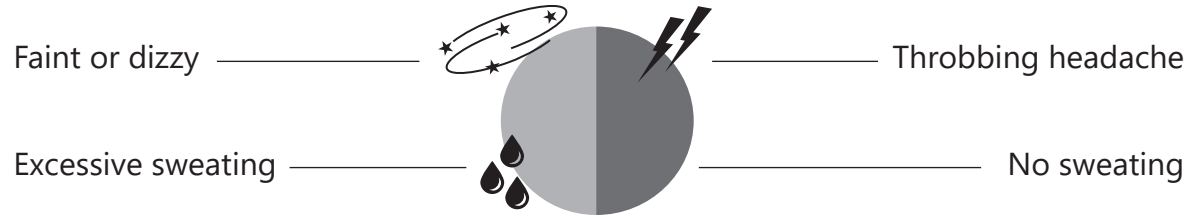
DO NOT LEAVE PEOPLE/PETS IN CAR



LIMIT AFTERNOON OUTDOOR TIME

Too much heat? What does it look like?

HEAT EXHAUSTION OR HEAT STROKE



- Get to a cooler, air conditioned place
- Drink water if fully conscious
- Take a cool shower or use cold compression

CALL 9-1-1

- Take immediate action to cool the person until help arrives

