

Tips for Preventing Heat-Related Illness

As our weather warms up, please be aware of the following tips and take good care of yourself.

- STAY HYDRATED - drink water
- Children and elderly are at risk
- Avoid caffeine, alcohol or sugary drinks (sports drinks, sodas)
- Wear a hat if outside
- Limit heavy activity/physical labor
- Use fans, A/C if available
- Mist with cool water
- Apply ice/cool cloths (neck, armpits)
- If outside - go in or move to shade
- **Call 911 if experiencing symptoms of heat exhaustion or heat stroke:**
 - Increased thirst
 - Nausea or vomiting
 - Weakness, Dizziness, Fainting
 - Muscle cramps
 - Irritability
 - Headache, Confusion
 - Rapid breathing & pulse
 - Loss of consciousness