

EXTREME HEAT

DO...

DRINK PLENTY OF WATER,
COCONUT WATER, AND/OR
ADDED ELECTROLYTES*



*DISCUSS WITH CARE PROVIDER
@BAMBOO_BIRTH

DO...

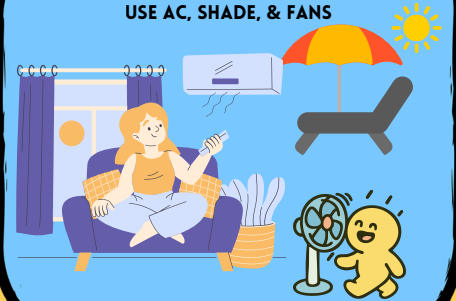
EAT WATER-RICH FOODS



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DO...

USE AC, SHADE, & FANS



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DO...

DIAL 2-1-1 TO FIND A COOLING
CENTER NEAR YOU.



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DO...

SEEK MEDICAL CARE IF YOU
EXPERIENCE...

- SHORTNESS OF BREATH
- EXCESSIVE SWEATING
- NAUSEA
- DIZZINESS
- HIGH BLOOD PRESSURE
- VISION CHANGES
- HEADACHE THAT DOES NOT GO AWAY

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RESOURCE

CDC HEAT RISK ASSESSMENT



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CLIMATE
CHANGE IS
REAL!

PREGNANCY COMPLICATIONS
DUE TO EXTREME HEAT IS A
POLITICAL AND
ENVIRONMENTAL ISSUE!

CLIMATE CHANGE
IMPACTS EVERYONE,
INCLUDING THE FUTURE
GENERATION YOU ARE
GROWING.