



## HEAT STROKE PREVENTION



## KNOW THE SIGNS



DRINK PLENTY  
OF FLUIDS



WEAR SUNSCREEN



WEAR LIGHT-COLORED  
LOOSE CLOTHING  
AND SUNGLASSES



NEVER LEAVE ANYONE  
IN A PARKED CAR



STAY AWAY FROM DIRECT  
SUN EXPOSURE FROM  
ABOUT 10 AM TO 4 PM



AVOID EXERCISE DURING  
THE HOTTEST PART OF THE DAY



ACCLIMATE TO HOT  
CONDITIONS SLOWLY



KEEP YOUR HOUSE COOL



TAKE COOL SHOWERS



EAT LIGHT FOOD



TAKE PRECAUTIONS  
WITH MEDICATIONS



STAY INFORMED

- An extremely high body temperature (above 103°F)
- Red, hot, and dry skin (no sweating)
- Rapid, strong pulse
- Throbbing headache
- Dizziness
- Nausea
- Confusion
- Unconsciousness

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