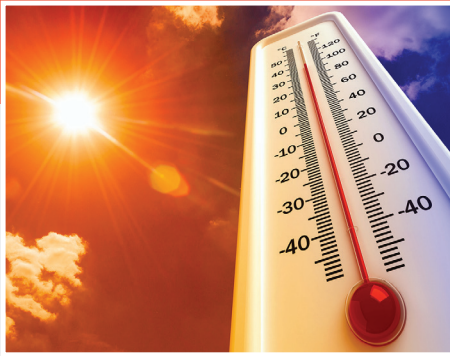


Let's Talk About the Weather



Extreme Heat



Heat Kills!

Have Questions?

Contact UConn Extension
cahnr.uconn.edu/extension
extension@uconn.edu

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The Problem Know the Signs

- Headache
- Profuse sweating
- Dizziness/confusion
- Weakness/drowsiness

The Solution Take Action

- Seek shade (outside) or air conditioning (inside)
- Drink fluids (water is ideal)
- Wear lightweight and loose clothing
- Rest

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