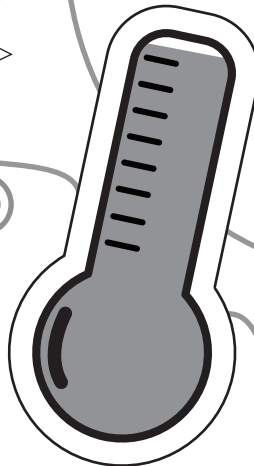


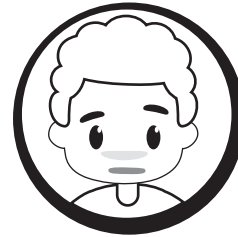


Let's Talk About the Weather

Extreme Heat



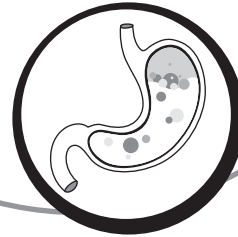
How would I feel?



Weakness/
Drowsiness



Dizziness/
Confusion

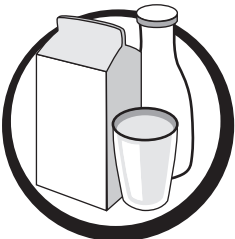


Stomach Pain/
Vomiting

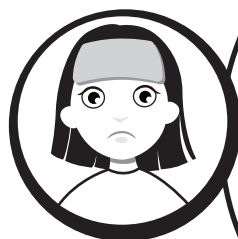


Headache/
Very Hot and Sweaty

What should I do?



Drink Fluids!



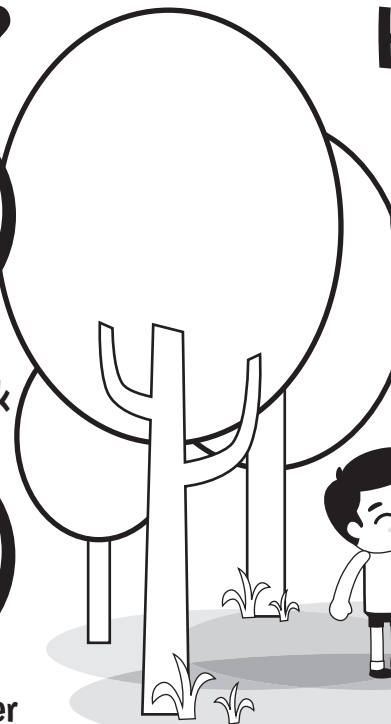
Cold Pack on
Forehead/Neck



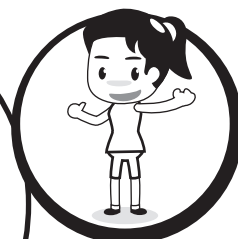
Rest



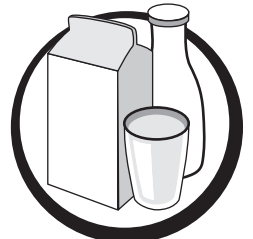
Take Cool Shower



How do I stay safe?



Wear Light
Colored Clothing



Stay Hydrated!



Wear a Head Covering

Stay in Shade/
Cool Area