



## 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