



EXTREME HEAT

PROTECT YOURSELF FROM THE HEAT!!!

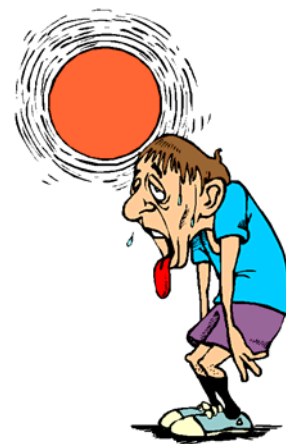
SAFETY STEPS

- Replace salt and minerals.
- Wear appropriate clothing.
- Wear sunscreen.
- Drink plenty of fluids.
- Stay cool indoors.
- Monitor children and elders.



WARNING SIGNS

- Extreme high body temperature.
- Red, hot and dry skin (no sweating).
- Rapid, strong pulse.
- Dizziness, nausea, confusion or unconsciousness.
- Weakness, tiredness, or fainting.
- Headache or paleness.



DANGEROUS HEAT-RELATED ILLNESSES

- Heat Stoke.
- Heat Exhaustion.
- Heat Cramps.
- Sunburn.