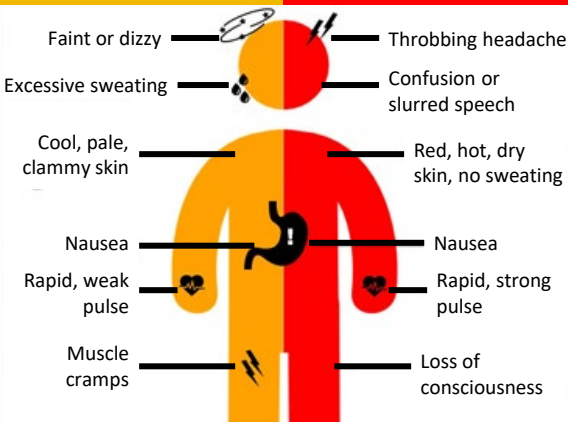


KNOW THE SYMPTOMS OF HEAT ILLNESS

HEAT EXHAUSTION

HEAT STROKE



- Get to a cooler, air-conditioned place
- Drink water if fully conscious
- Use cold compresses

CALL 9-1-1

- Take immediate action to cool the person until help arrives

SAFETY PRECAUTIONS

- Stay hydrated and avoid alcohol, coffee, tea and other caffeinated drinks
- Avoid direct sun, use a wide hat, umbrella, or tent
- Wear light, loose fitting protective clothing
- Pace yourself and avoid long periods of standing or strenuous activity