



National Heat Awareness Month

Extreme heat can cause:

- Nausea/Vomiting
- Dizziness
- Tiredness
- Weakness
- Headache
- Muscle cramps
- Heavy sweating
- Rash

Prevent heat-related illness by:

- Using cool compresses
- Taking showers
- Eating hydrating foods
- Drinking liquids
- Staying indoors
- Wearing a hat when outdoors
- Carrying water when traveling
- Using an umbrella

Environment, habits, health condition(s), and/or medication(s) may increase your risk of heat-related illness.

