

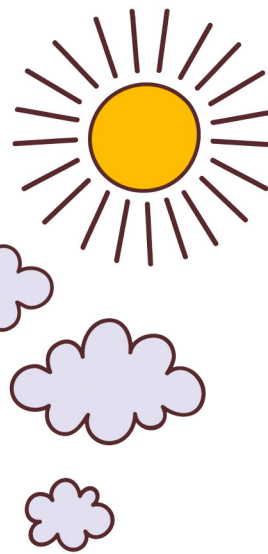
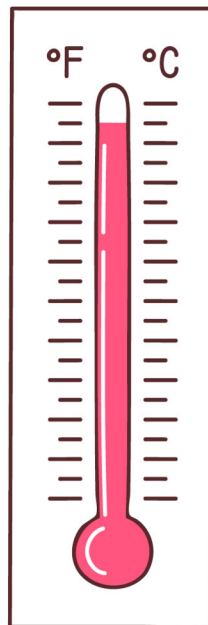
# EXTREME HEAT



## High temperatures can lead to cardiovascular incidents and heatstroke

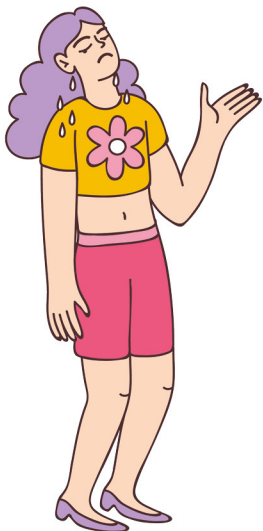
### SYMPTOMS

- ✓ Red face with no sweat
- ✓ Headache
- ✓ Vomiting
- ✓ Dizziness
- ✓ Discomfort
- ✓ Rapid heart rate
- ✓ Fever
- ✓ Severe fatigue and drowsiness



### HOW TO PROTECT YOURSELF

- ✓ Avoid vigorous physical activity outdoors
- ✓ Wear a hat and sunglasses
- ✓ Wear lightweight clothing
  - ✓ Use a sun umbrella
  - ✓ Avoid alcohol
- ✓ Drink plenty of water
- ✓ Drink warm or tepid beverages rather than cold ones
- ✓ Cool down your body, especially your face and neck



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