



Heat Safety and Awareness

Eating and Drinking

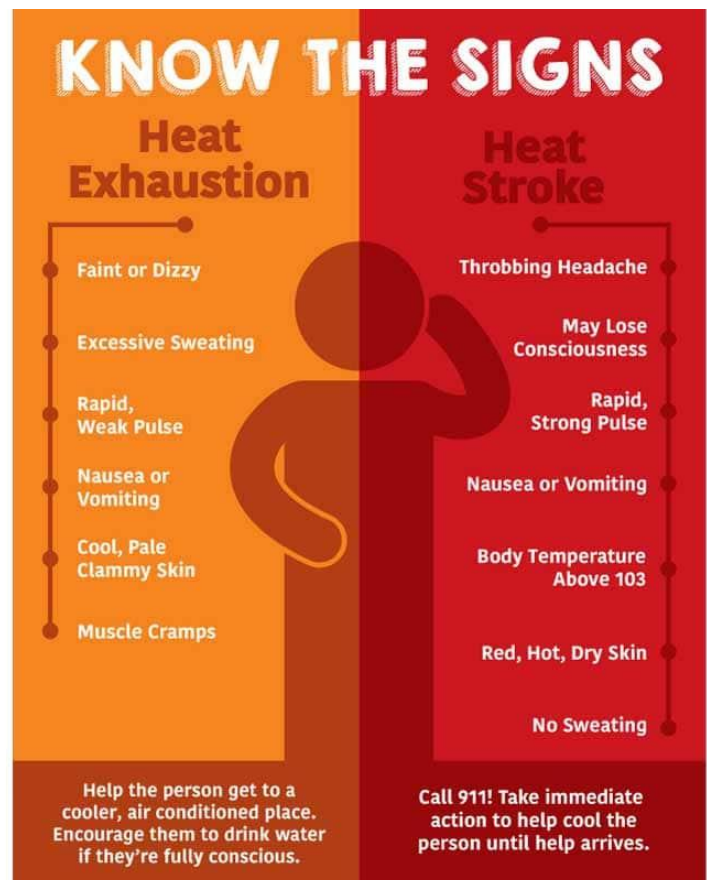
- Eat light, cool, easy to digest foods, such as fruit and salads. Use an ice pack in your lunch bag to keep food cool. Meat and dairy products spoil quickly in hot weather.
- Drink plenty of water, preferably not iced or too cold. Try to stay away from sugary, caffeinated drinks.
- Replace salt and minerals with snacks or a sports drink.

Outdoor Activities

- Reduce, eliminate, or reschedule strenuous activities until the coolest time of the day.
- Dress for summer. Wear lightweight, loose-fitting, light-colored clothing.
- Minimize direct exposure to the sun. Wear sunscreen if you are outside.

Cooling Down

- Spend time in air conditioned locations.
- Take a cool bath or shower when feeling overheated.



Heat Exhaustion	Heat Stroke
Faint or Dizzy	Throbbing Headache
Excessive Sweating	May Lose Consciousness
Rapid, Weak Pulse	Rapid, Strong Pulse
Nausea or Vomiting	Nausea or Vomiting
Cool, Pale Clammy Skin	Body Temperature Above 103
Muscle Cramps	Red, Hot, Dry Skin
	No Sweating

Heat Exhaustion: Help the person get to a cooler, air conditioned place. Encourage them to drink water if they're fully conscious.

Heat Stroke: Call 911! Take immediate action to help cool the person until help arrives.