

SUMMER SAFETY TIPS

HEAT SICKNESS

(When it is hot outside your body can heat up too much)

SIGNS OF HEAT SICKNESS MAY INCLUDE:

- Fainting
- Headache and feeling dizzy
- Not sweating, even though it is hot outside
- Red, hot, dry skin
- Cramping
- Feeling sick to the stomach or vomiting
- Fast heartbeat and rapid, shallow breathing
- Feeling confused
- Seizures

**IF YOU FEEL YOU
MIGHT HAVE HEAT
SICKNESS, CALL
911 AND GET
MEDICAL HELP
QUICKLY!**

PREVENT HEAT SICKNESS BY:

- Staying in the shade and keeping cool
- Wear lightweight, light colored and loose fitting clothing
- Be sure to drink plenty of water throughout the day
- Do less outside in the afternoon. The sun is the hottest from 10 am to 4pm

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Promoting Health for People
with Intellectual Disabilities


The Arc
of New Jersey