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

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

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