

Warning Signs of Heat Illness

Signs of heat exhaustion

Cramps	Dizziness
Headache	Rapid heart beat
Sweaty skin	Nausea
Vomiting	Weakness

Signs of heat stroke

Confusion	Red, hot, dry skin
Fainting	High temperature
Convulsions	Rapid, shallow breathing

Beat the heat!

Hydrate, cover, rest

- **Hydrate** with water even if you aren't thirsty, every 15 minutes.
- Watch out for each other.
- **Cover** up with light clothes and a hat.
- Know your location in case you have to call 9-1-1.
- **Rest** regularly in cool shaded areas.