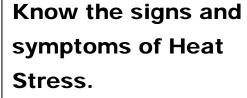




If possible, stay out of the sun.



Dizziness Headache

Weakness

Rapid Heartbeat

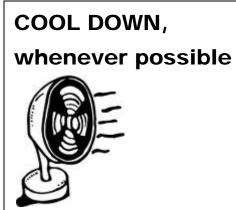
Nausea

Cramps

Chest Pain

Labored Breathing

When the weather is hot, avoid caffeine



Wear loose, breathable clothing such as cotton. If you must work in the sun, wear hats and use sun screen.

Maintain proper
hydration. Drink small
amounts of water
frequently. Avoid feeling
thirsty.

