Let’s Talk About the Weather

Extreme Heat
Heat Kills!

The Problem  Know the Signs
- Headache
- Profuse sweating
- Dizziness/confusion
- Weakness/drowsiness

The Solution  Take Action
- Seek shade (outside) or air conditioning (inside)
- Drink fluids (water is ideal)
- Wear lightweight and loose clothing
- Rest

Have Questions?
Contact UConn Extension
cahnr.uconn.edu/extension
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