

Let's Talk About the Weather

## Extreme Heat

## How would I feel?



Weakness/ **Drowsiness** 



Dizziness/ Confusion



Stomach Pain/ Vomiting



Headache/Very Hot and Sweaty

## What should I do?



Drink Fluids!



Cold Pack on Forehead/Neck



Take Cool Shower

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/ Wear Light Colored Clothing

Stay in Shade/ Cool Area



Stay Hydrated!



Wear a Head Covering



