Beat The Heat With These Tips!



Heat-related illnesses are very serious and can escalate quickly. Take precautions to stay safe as the temperatures rise.

Take Precautions



Stay hydrated at all times. Avoid sugary drinks, caffeine, & alcohol!

Wear Light Clothes

Loose fitting, lightweight, & light colored clothes help to keep cool.



Cool off under shade or air conditioning often.



Avoid direct sunlight or excessive activities in heat.

Note: Certain medications, drugs (including cocaine, MDMA, and methamphetamine) and alcohol can cause dehydration or increase your body temperature.

Know the heat injury warning signs

Headaches

Weakness

Muscles Cramps



Confusion

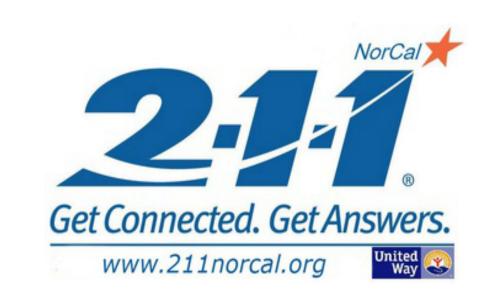
Nausea

Clammy Skin

If you experience any of these symptoms, drink water, move to a cool place, and rest.

Call 911 if your symptoms get worse.





For more information regarding cooling zones or any additional resources in Stanislaus County:

Call 211 or Visit stanemergency.com