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**

- **Drink Water**
  - Stay hydrated at all times. Avoid sugary drinks, caffeine, & alcohol!

- **Wear Light Clothes**
  - Loose fitting, lightweight, & light colored clothes help to keep cool.

- **Cool Down**
  - Cool off under shade or air conditioning often.

- **Pace Yourself**
  - Avoid direct sunlight or excessive activities in heat.

**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

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