

# HEAT SAFETY

More information: [bit.ly/NJHeatHub](https://bit.ly/NJHeatHub)

## Tips to prevent heat-related illness:



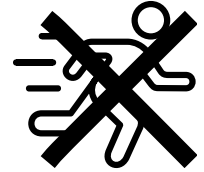
Stay hydrated



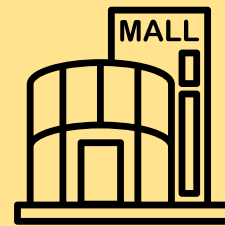
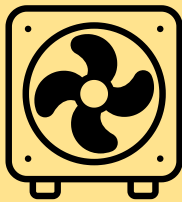
Find shade



Avoid fatty/  
sugary foods and  
alcohol



Avoid  
strenuous  
activity



Find a place to stay cool

## Know the signs of heat exhaustion



Dizziness



Thirst



Sweating



Weakness



Nausea



Exhaustion

## If Symptoms Worsen, Call 9-1-1

Scan QR code for  
more information  
on staying safe:

