

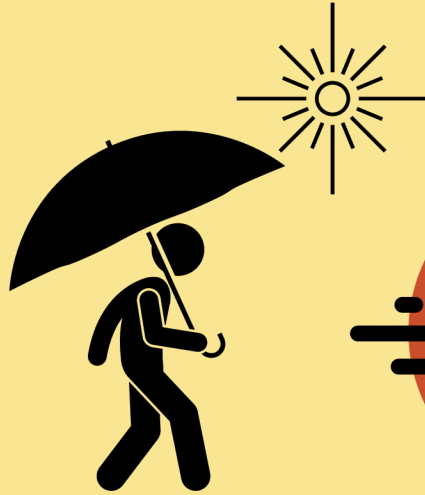


HEAT SAFETY

Tips to prevent heat-related illness:



Stay hydrated



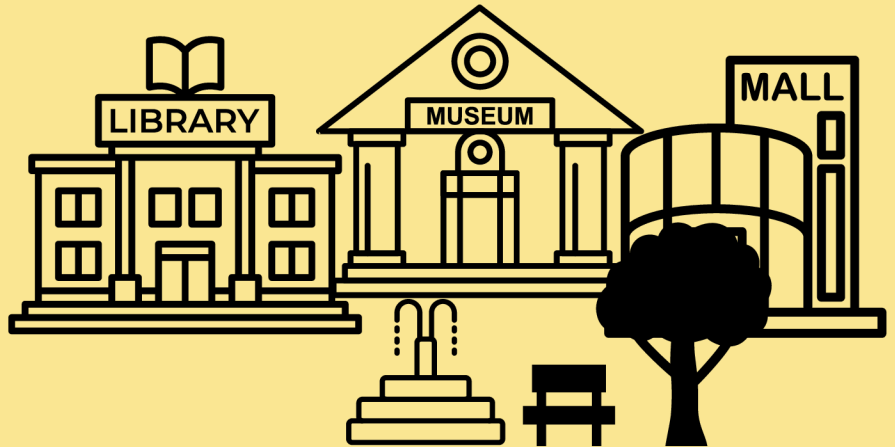
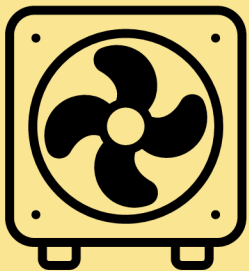
Find shade



**Avoid
strenuous
activity**



**Avoid fatty/
sugary foods
and alcohol**



Find a place to stay cool



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