

HEAT SAFETY

More information: bit.ly/NJHeatHub

Tips to prevent heat-related illness:



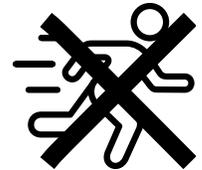
Stay hydrated



Find shade



Avoid fatty/
sugary foods and
alcohol



Avoid
strenuous
activity



Find a place to stay cool

Know the signs of heat exhaustion



If Symptoms Worsen, Call 9-1-1

Scan QR code for
more information
on staying safe:

