

BEAT THE KILLER-HEAT

Be a cool hero



**Help
Yourself**

RISK

Hypertension,
Diabetes, Diarrhea,
Alcohol use,
Person of color,
Prior heat illness

SYMPTOM

Headache, Nausea,
Dizziness, Slurring,
Confusion, Thirst,
Heavy sweating, Hot
skin, Low urination

PROTECT

Cold water, Ice,
Cotton clothing, Hats,
Cool-down Breaks,
Tolerance-build,
Medical help



**Help
Others**

Outdoor & Indoor heat safety programs

Wellness - check on others

Heat Safety Tool (OSHA-NIOSH) for planning

Medical treatment or 911

