

HEAT STROKE

PROTECT YOURSELF

Heat Stroke, or Sun Stroke, is a form of hyperthermia in which the body temperature elevates dramatically (104°+) due to prolonged exposure or physical exertion in high temperatures. It is the most severe form of heat injury. It can cause damage to the brain and other internal organs. It can even lead to death. But you can prevent it.

WEAR LIGHT-COLORED CLOTHING AND A HAT

**DRINK A LOT OF WATER
(AVOID SODA, TEA,
COFFEE, & ALCOHOL)**

**PLAN YOUR DAY: DO
THE HARDEST WORK
WHEN IT IS COOLEST**

**GRADUALLY WORK UP
TO THE HARDER TASKS**

**TAKE BREAKS AND
REST IN THE SHADE**