

# Staying Safe in Hot Weather

## Watch for these signs of hyperthermia:



**Dizziness**



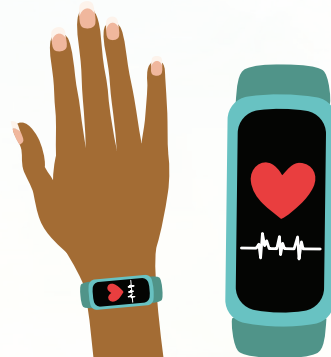
**Muscle cramps**



**Swelling in your ankles and feet**



**Nausea and weakness**



**Rapid pulse**



## Tips to prevent hot-weather illness:



**Drink liquids**



**Limit caffeine and alcohol**



**Wear light-colored, loose fitting clothes**



**If it's too hot, try exercising indoors**