

**The majority of people who reported heat-related illnesses last year were between the ages of 18 and 50 years old.**



## WEEKEND WARRIORS

*people who overexert themselves during outdoor activities and run the risk of a heat-related illness*

***Heat-related illnesses are preventable! Protect yourself!***

- Drink plenty of water.
- Limit outdoor activities, such as exercise, during peak daytime temperatures.
- Wear weather-appropriate clothing while outdoors.

***Take a break and drink water if you feel:***  
fatigued, dizzy or light-headed

***Seek immediate medical attention if you have:***  
persistent muscle cramps, high body temperature, a throbbing headache, confusion and slurred speech

**BEAT** *the*  
**HEAT**



***Need relief from the heat?***

***Call 214-819-6001 to see if you qualify for assistance.***



**DCHHS**

*Safe families, healthy lives.*

214-819-2100 | [www.dallascounty.org/hhs](http://www.dallascounty.org/hhs)

Zachary Thompson, Director