

## PROTECT YOURSELF FROM HEAT ILLNESS

Heat illness occurs when your body keeps in more heat than it loses, and your temperature rises. Symptoms include:

Excessive sweating or lack of sweating  
Muscle pain, cramping, or poor coordination  
Poor concentration, confusion  
irritability, dizziness, fatigue

Headache, blurry vision, nausea with or without vomiting  
Skin is cool and moist  
Breathing is fast and shallow  
Seizures or fainting  
Dark urine



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