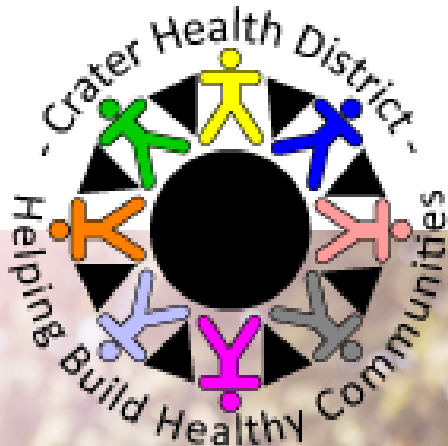


# EXTREME HEAT & ILLNESS

## WHAT SHOULD YOU DO?



## HERE'S YOUR CHECKLIST

- **DRINK WATER**
- **KEEP COOL INDOORS**
- **DRESS FOR THE HEAT**
- **LIMIT PHYSICAL ACTIVITY**
- **DO NOT KEEP CHILDREN OR PETS IN CARS**
- **CHECK ON YOUR NEIGHBORS**

[CLICK HERE TO READ MORE ABOUT EXTREME HEAT & ILLNESS](#)