

# Heat Related Illnesses

## THINK PREVENTION

- **Drink plenty of fluids, even if you are not thirsty**
- **Wear light colored, loose clothing**
- **Go indoors if you feel overheated**
- **Never leave anyone, including pets in a parked vehicle, not even for a minute!!**



**For more information:**

**Beaumont Public Health Department at 832-4000**

