

You Can Prevent Heat Illness

Take steps before, during, and after work to stay safe.

Before: Prepare



Start Your Day Hydrated

Drink water and limit coffee.



Dress for the Heat

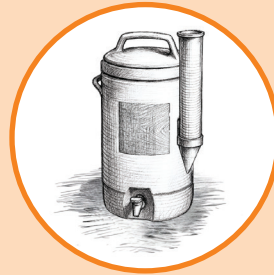
Wear light-colored, loose, breathable clothes.

During: Protect Yourself and Others



Get Used to the Heat

Take it slow and rest often for the first two weeks.



Continue Hydrating

Drink water even if you are not thirsty.



Take Action Right Away

Move to the shade and rest at the first sign of heat illness, like cramps, headaches, nausea, and dizziness.



Watch Out for Each Other

Call 911 for heat stroke symptoms like no sweating, confusion, and fainting.

After: Recover



Limit Alcohol, Energy and Sugary Drinks

Stay hydrated with water.



Cool Down and Rest

Take a cool shower and rest in a cool area.

Learn more at
CampoSeguro.ucdavis.edu