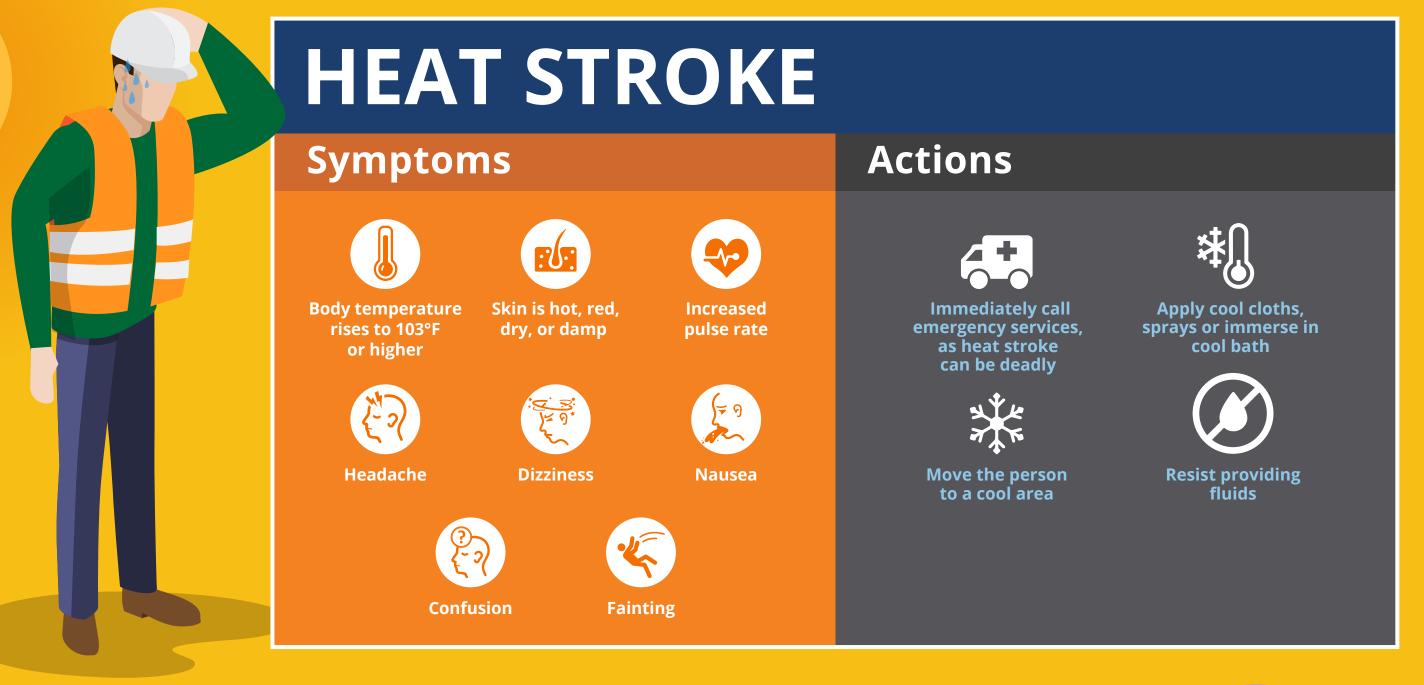
# HEAT IN URIES Recognize Symptoms, Take Action, Save Lives!





### HEAT CRAMPS









Muscle pain or spasms



Actions

Stop all activity and get to a cool space



Hydrate with water



Call emergency services if the cramps last longer than one hour (especially if you have heart disease)

## **HEAT RASH**

Symptoms

Actions







Red clusters of small blisters usually on the neck, chest, groin, or in elbow creases



Stay cool and dry Use talcum powder for treatment



#### To Learn More About Heat-Safety, visit **PowerBreezer.com**

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