



STAY COOL JAX!

STAY COOL

- ☀ Schedule outdoor activities carefully. Avoid afternoon activities during peak heat.
- ☀ Do Not leave children or pets unattended in a vehicle.

STAY HYDRATED

- ☀ Drink plenty of water, even if you don't feel thirsty.
- ☀ Avoid alcohol and sugary drinks.
- ☀ Remind others to drink water.
- ☀ Keep your pets hydrated.

STAY INFORMED

- ☀ Monitor JaxReady social media and other trusted sources for weather updates.
- ☀ Know the signs of heat-related illness and seek help if needed.

RECOGNIZE HEAT-RELATED ILLNESS

SYMPTOMS

- Heavy sweating
- Weakness
- Cold, pale, and clammy skin
- Weak pulse
- Fainting and vomiting

WHAT YOU SHOULD DO

- Move to a cooler location
- Lie down and loosen your clothing
- Apply cool, wet cloths to as much of your body as possible
- Sip water
- If you have vomited and it continues, seek medical attention immediately

HEAT EXHAUSTION

SYMPTOMS

- High body temperature (above 104°F)
- Hot, red, dry, or moist skin
- Rapid and strong pulse
- Unconsciousness

WHAT YOU SHOULD DO

- Call 911 immediately - **this is a medical emergency**
- Move the person to a cooler environment
- Reduce the person's body temperature with cool cloths or even a bath
- **Do NOT give fluids**

HEAT STROKE



SCAN TO LEARN MORE TIPS ON HOW TO STAY COOL JAX!