

The majority of people who reported heat-related illnesses last year were between the ages of 18 and 50 years old.



WEEKEND WARRIORS

people who overexert themselves during outdoor activities and run the risk of a heat-related illness

Heat-related illnesses are preventable! Protect yourself!

- Drink plenty of water.
- Limit outdoor activities, such as exercise, during peak daytime temperatures.
- Wear weather-appropriate clothing while outdoors.

Take a break and drink water if you feel:
fatigued, dizzy or light-headed

Seek immediate medical attention if you have:
persistent muscle cramps, high body temperature, a throbbing headache, confusion and slurred speech

BEAT *the*
HEAT



Need relief from the heat?

Call 214-819-6001 to see if you qualify for assistance.



DCHHS
Dallas County Health and Human Services

Healthy People Healthy Communities
Health and Social Equity



214-819-2100 | www.dallascounty.org/hhs

Philip Huang, MD, MPH
Director / Health Authority