

# BEAT *the* HEAT



***Summer in North Texas means sweltering temperatures and potentially unsafe conditions.***

Residents should be mindful of the potential health risks that can result from an increase in temperatures.

The heat can cause heat cramps, heat exhaustion, heat stroke and even death.

People 18 to 50 years old are most affected by heat-related illnesses in Dallas County.



## DCHHS

*Safe families, healthy lives.*

214-819-2100 | [www.dallascounty.org/hhs](http://www.dallascounty.org/hhs)

Zachary Thompson, Director

***Need relief from the heat?***

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



***Heat-related illnesses are preventable!***

Drink plenty of water while outdoors.



Increase time spent in air-conditioned locations.



Limit outdoor activities, such as exercise, during peak daytime temperatures.



Never leave children in vehicles.



Limit alcohol when outdoors.



Take breaks while participating in outdoor activities.



Wear weather-appropriate clothing while outdoors.



Check on elderly neighbors and family members.