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

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

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
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