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.

Zachary Thompson, Director