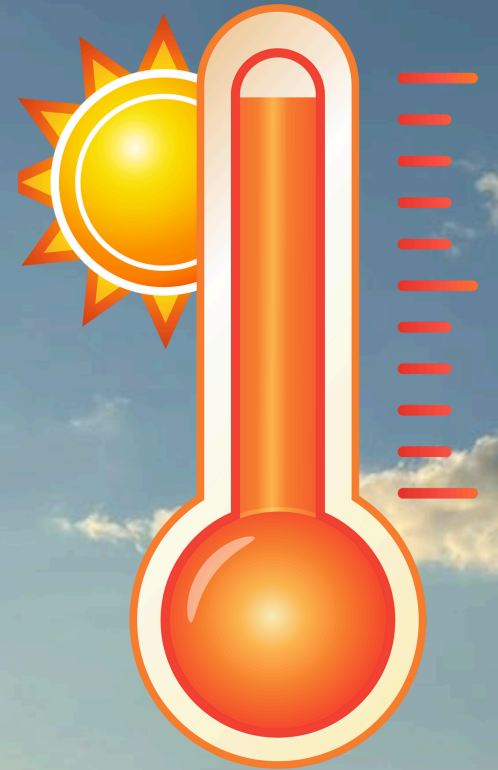


HEAT WAVE ALERT



Extreme Heat Advisory for NC

- Dangerous heat wave expected this week
- Temperatures could **reach 100°F+ with feels-like values up to 115°F**. Use caution hydrate often, and know the signs of heat illness
- Use caution: hot, humid, and mostly dry weather



Safety Tips



- **Hydrate** Regularly: Drink water ever 15-20 minutes
- Take frequent **rest breaks** in the shade when possible
- Avoid heavy work between 12 - 5PM
- Wear **light colored clothing**, breathable clothing and a wide-brimmed **hat** for protection.

Drink water and take care of one another!



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HEAT WAVE ALERT

Know the signs: Heat Exhaustion vs Heat Stroke



HEAT EXHAUSTION

- Dizziness
- Nausea
- Heavy sweating
- Weakness
- Muscle cramps

Move to a cool place, loosen clothing, sip water, and rest. If symptoms worsen or last longer than 1 hour, seek medical attention.



HEAT STROKE

- Dizziness
- Confusion
- Seizures
- Becomes Unconscious

Call 911 immediately. Move person to a cool place and use cool cloths to lower body temperature while waiting for help.

Seek help if you have signs of heat illness!



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