Staying Safe in Hot Weather

Watch for these signs of hyperthermia:
- Dizziness
- Muscle cramps
- Swelling in your ankles and feet
- Nausea and weakness
- Rapid pulse

Tips to prevent hot-weather illness:
- Drink liquids
- Limit caffeine and alcohol
- Wear light-colored, loose fitting clothes
- If it's too hot, try exercising indoors

Learn more about staying safe in hot weather at www.nia.nih.gov/hot-weather-safety.