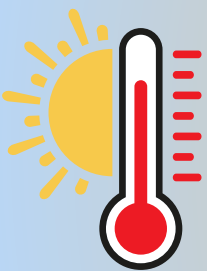


IS THE HEAT MAKING YOU SICK?



WHEN IT'S HOT OUTSIDE,
YOUR BODY WORKS HARD TO STAY COOL.
EXTREME HEAT CAN BE DANGEROUS.

TALK TO YOUR DOCTOR TODAY ABOUT HEAT-RELATED ILLNESS

YOU MAY BE AT **HIGHER RISK** IF YOU HAVE:

- HEART DISEASE
- DIABETES
- OBESITY
- LUNG DISEASE (ASTHMA, COPD)
- KIDNEY DISEASE
- SOME MENTAL HEALTH CONDITIONS

OR

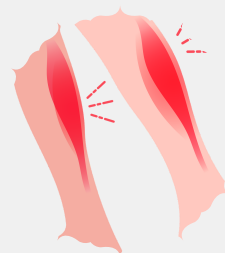
- YOU TAKE CERTAIN MEDICATIONS

COOL OFF AND GET HELP FOR HEAT-RELATED **SYMPTOMS**

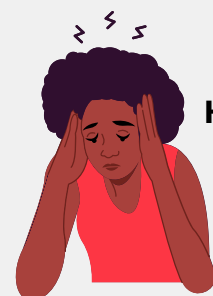
DIZZINESS
OR FAINTING



NAUSEA OR
VOMITING



MUSCLE
CRAMPS

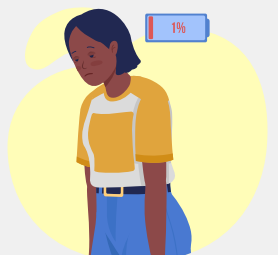


HEADACHE

TROUBLE
BREATHING



UNUSUAL
TIREDNESS



LEARN MORE AT:
[PHILA.GOV/HEAT](https://phila.gov/heat)

Scan me



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