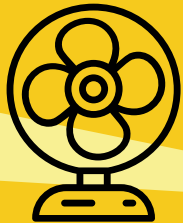


# STAY SAFE IN THE HEAT

A MESSAGE FROM YOUR CJUSD RISK MANAGEMENT DEPARTMENT



## STAY COOL

GO TO AN AIR  
CONDITIONED PLACE  
OR SEEK SHADE



## PLAN YOUR DAY

AVOID GOING OUT  
DURING THE HOTTEST  
HOURS AND ALWAYS  
WEAR SUNSCREEN



## DRINK WATER

FILL A REUSABLE BOTTLE  
WITH WATER OFTEN  
FOR EASY DRINKING



## SUMMER CLOTHES

WEAR LIGHTWEIGHT,  
LIGHT COLORED  
CLOTHING.



## BEWARE OF HEAT RELATED ILLNESS

SEEK HELP IF YOU HAVE  
SYMPTOMS OF: HIGH  
BODY TEMPS,  
VOMITTING OR PALE  
AND CLAMMY SKIN

