

Decision Support Briefing

Weather Story Graphic

Practice HEAT SAFETY Wherever You Are

Heat related deaths are preventable. Protect yourself and others from the impacts of heat waves.

weather.gov/heat



Stay hydrated and take breaks in the shade as often as possible



Indoors Check up on the elderly, sick and those without AC





Outdoors Limit strenuous outdoor activities, find shade, and stay hydrated

National Weather Service Lincoln, IL

National Oceanic and Atmospheric Administration



U.S. Department of Commerce

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