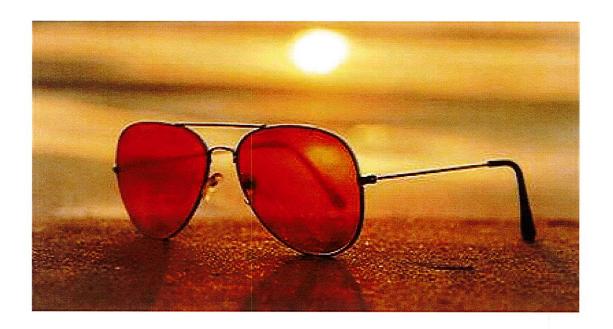
Allegiance Mobile Health Beat the HEAT

Tips to help stay cool and safe in the South Texas Heat!



Drink plenty of water Limit outdoor activity Take frequent breaks

Wear lightweight/loose fitting clothing
Stay in an air-conditioned room
Check on relatives and neighbors
Young children and pets should never be left in vehicles

Anyone overcome by heat should be moved to a cool/ shaded location.

Heatstroke is an emergency Call 911