

“BEAT THE HEAT”

Everyone is at risk to be affected by the heat, but especially infants, children, elderly, and overweight individuals. avoid doing so during peak hours, usually 1-5pm.

Warning signs:

- Heavy sweating
- Dizziness
- Muscle cramps
- Nausea
- Throbbing headaches
- Fainting
- High body temperatures
- Rapid, strong pulses



Watch your medications:

Diuretics, antihistamines, some blood pressure medications, and alcohol can lead to dehydration, or sun sensitivities putting you at increased risk of heat illnesses. Ask your pharmacist if any of your medications may affect you.

Prevention is key:

Stay cool and well hydrated! Drinking water is the best way to stay hydrated. Sports drinks may be used as a supplement, but avoid those with high sugar content as they may cause or worsen dehydration.

When outside:

- Wear lightweight, light color, and loose clothing
- Apply sunscreen
- Check on those at highest risk
- Remember your four legged friends as well!
Animals do not sweat and cannot tell you they are hot. They need breaks and water too!

Brought to by this pharmacy and the National Community Pharmacists Association



“BEAT THE HEAT”

Everyone is at risk to be affected by the heat, but especially infants, children, elderly, and overweight individuals. avoid doing so during peak hours, usually 1-5pm.

Warning signs:

- Heavy sweating
- Dizziness
- Muscle cramps
- Nausea
- Throbbing headaches
- Fainting
- High body temperatures
- Rapid, strong pulses



Watch your medications:

Diuretics, antihistamines, some blood pressure medications, and alcohol can lead to dehydration, or sun sensitivities putting you at increased risk of heat illnesses. Ask your pharmacist if any of your medications may affect you.

Prevention is key:

Stay cool and well hydrated! Drinking water is the best way to stay hydrated. Sports drinks may be used as a supplement, but avoid those with high sugar content as they may cause or worsen dehydration.

When outside:

- Wear lightweight, light color, and loose clothing
- Apply sunscreen
- Check on those at highest risk
- Remember your four legged friends as well!
Animals do not sweat and cannot tell you they are hot. They need breaks and water too!

Brought to by this pharmacy and the National Community Pharmacists Association



“BEAT THE HEAT”

Everyone is at risk to be affected by the heat, but especially infants, children, elderly, and overweight individuals. avoid doing so during peak hours, usually 1-5pm.

Warning signs:

- Heavy sweating
- Dizziness
- Muscle cramps
- Nausea
- Throbbing headaches
- Fainting
- High body temperatures
- Rapid, strong pulses



Watch your medications:

Diuretics, antihistamines, some blood pressure medications, and alcohol can lead to dehydration, or sun sensitivities putting you at increased risk of heat illnesses. Ask your pharmacist if any of your medications may affect you.

Prevention is key:

Stay cool and well hydrated! Drinking water is the best way to stay hydrated. Sports drinks may be used as a supplement, but avoid those with high sugar content as they may cause or worsen dehydration.

When outside:

- Wear lightweight, light color, and loose clothing
- Apply sunscreen
- Check on those at highest risk
- Remember your four legged friends as well!
Animals do not sweat and cannot tell you they are hot. They need breaks and water too!

Brought to by this pharmacy and the National Community Pharmacists Association



“BEAT THE HEAT”

Everyone is at risk to be affected by the heat, but especially infants, children, elderly, and overweight individuals. avoid doing so during peak hours, usually 1-5pm.

Warning signs:

- Heavy sweating
- Dizziness
- Muscle cramps
- Nausea
- Throbbing headaches
- Fainting
- High body temperatures
- Rapid, strong pulses



Watch your medications:

Diuretics, antihistamines, some blood pressure medications, and alcohol can lead to dehydration, or sun sensitivities putting you at increased risk of heat illnesses. Ask your pharmacist if any of your medications may affect you.

Prevention is key:

Stay cool and well hydrated! Drinking water is the best way to stay hydrated. Sports drinks may be used as a supplement, but avoid those with high sugar content as they may cause or worsen dehydration.

When outside:

- Wear lightweight, light color, and loose clothing
- Apply sunscreen
- Check on those at highest risk
- Remember your four legged friends as well!
Animals do not sweat and cannot tell you they are hot. They need breaks and water too!

Brought to by this pharmacy and the National Community Pharmacists Association

