As the temperature goes up, heat can affect your health

To prevent heat illness:

- Drink water every 15 minutes, even if you aren’t thirsty.
- Use shade rather than sunlight when you can.
- Never leave a person unattended in a hot vehicle.
- Wear lightweight, loose-fitting clothing.
- Avoid strenuous activity during the hottest part of the day.
- Stay indoors during the hottest part of the day.

Heat stroke symptoms are:

- High temperature
- Red, dry skin
- Sweaty skin
- Headache
- Dizziness
- Vomiting
- Nausea
- Muscle cramps
- Weakness

Heat exhaustion symptoms are:

- Cold, clammy skin
- Weakness
- Heavy sweating
- Nausea
- Dizziness
- Headache
- Muscle cramps

There are two types of heat illness: Heat exhaustion and heat stroke.

As the temperature goes up, heat can affect your health.

To protect yourself, make sure your worksite has potable water and a clean way to dispense it.

HEMATURIA

As much as 50% of the population has hematuria. If you have any of your symptoms, be aware of the following:

- Get an expert evaluation right away from a medical facility.
- If your urine contains 10 or more red blood cells, call your doctor.
- The color of your urine may be cloudy or light.
- Your urine will have a strong odour.
- You should see your doctor if you notice blood in your urine.

If you have symptoms:

- Call your doctor.
- Get an expert evaluation right away from a medical facility.
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Heat index:

[Heat index chart]

MEDICATIONS THAT CAN MAKE YOU MORE SENSITIVE TO HEAT

Meds that can make you more sensitive to the heat are:

- Antihypertensives
- Anticonvulsants
- Antidepressants
- Antihistamines
- Antipsychotics
- β-blockers
- Nonsteroidal anti-inflammatory drugs
- Statins
- Thiazides
- Diuretics
- Glucocorticoids
- Insulin
- Oral contraceptives
- Oral contraceptives and progestin
- Oral contraceptives and progestin</ref>