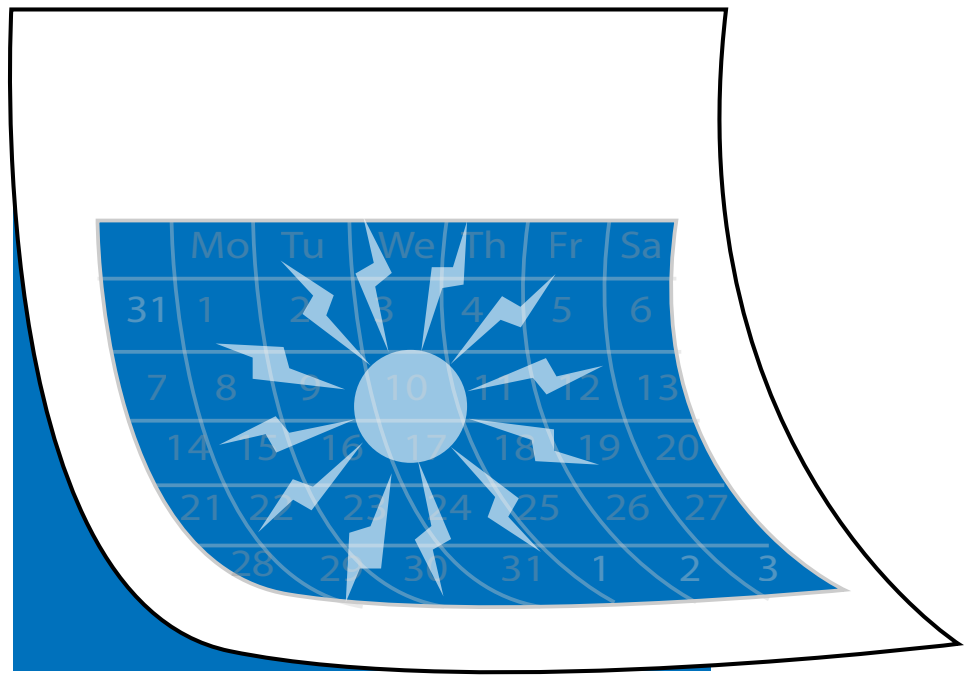
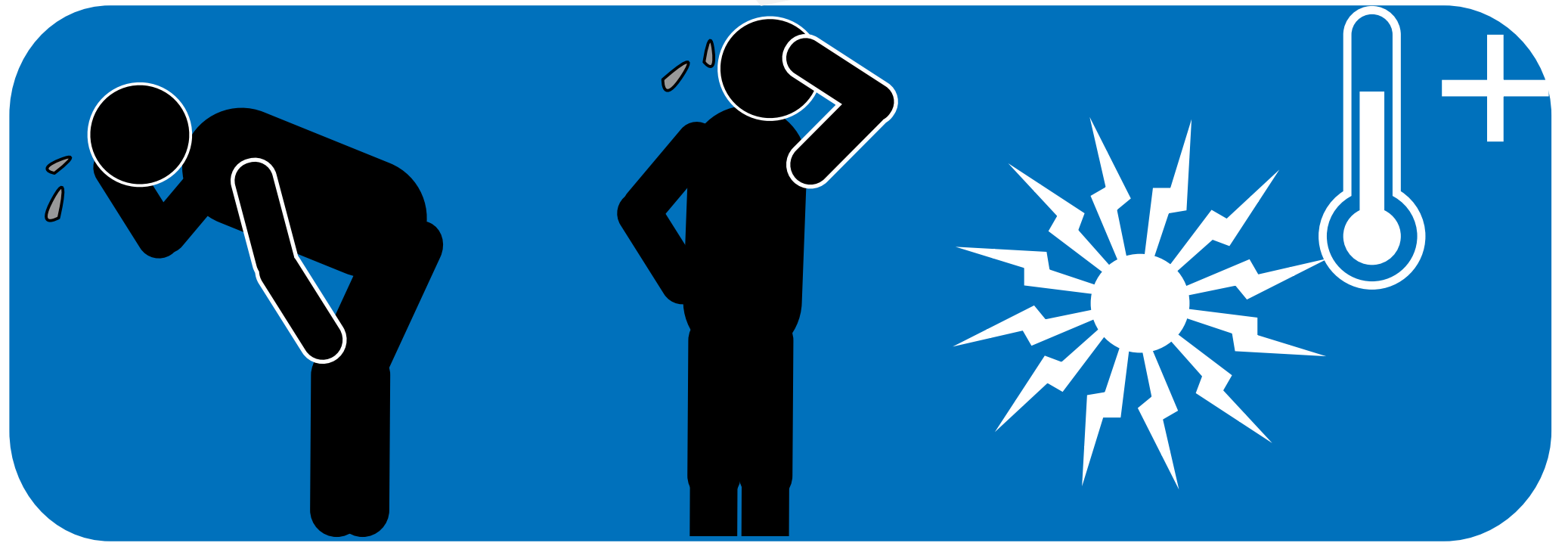


When ?



DURING SUMMER!

What ?

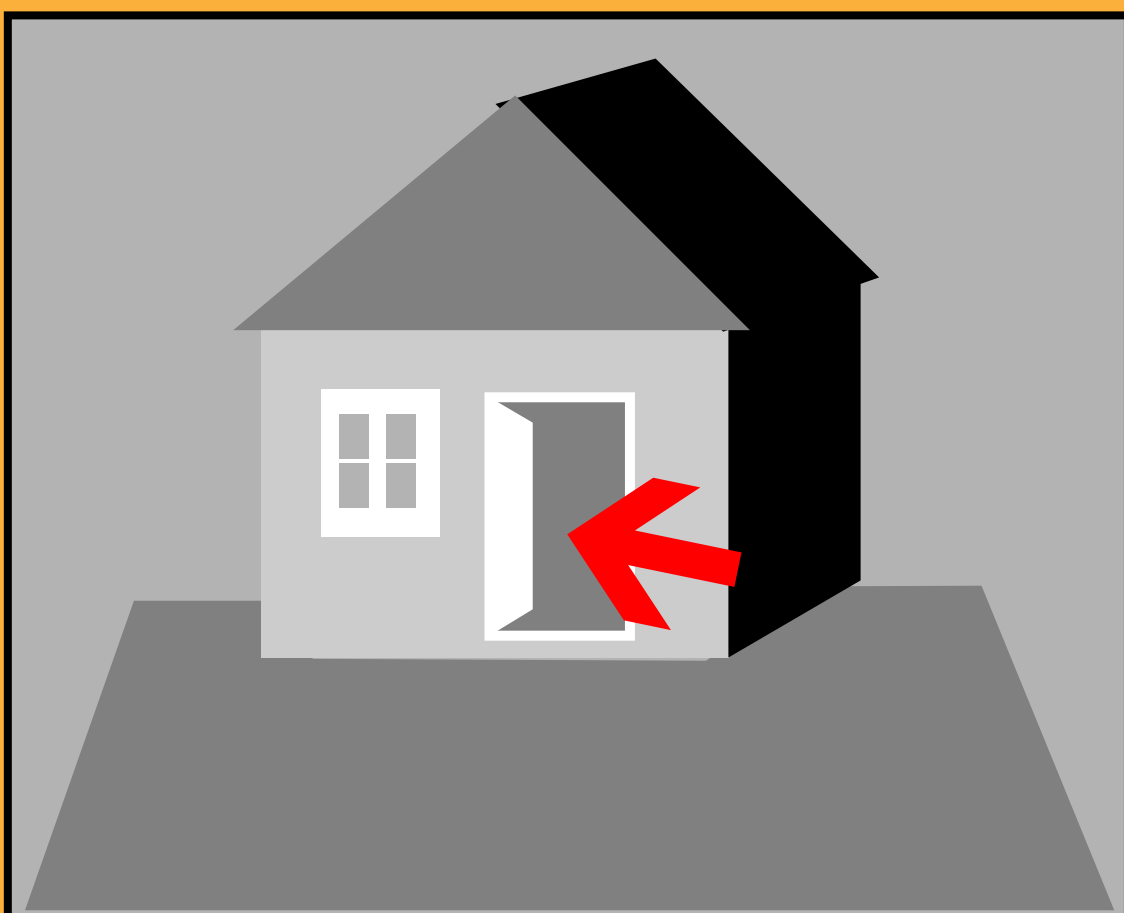


MAKES PEOPLE FEEL TIRED OR LETHARGIC!



What to do

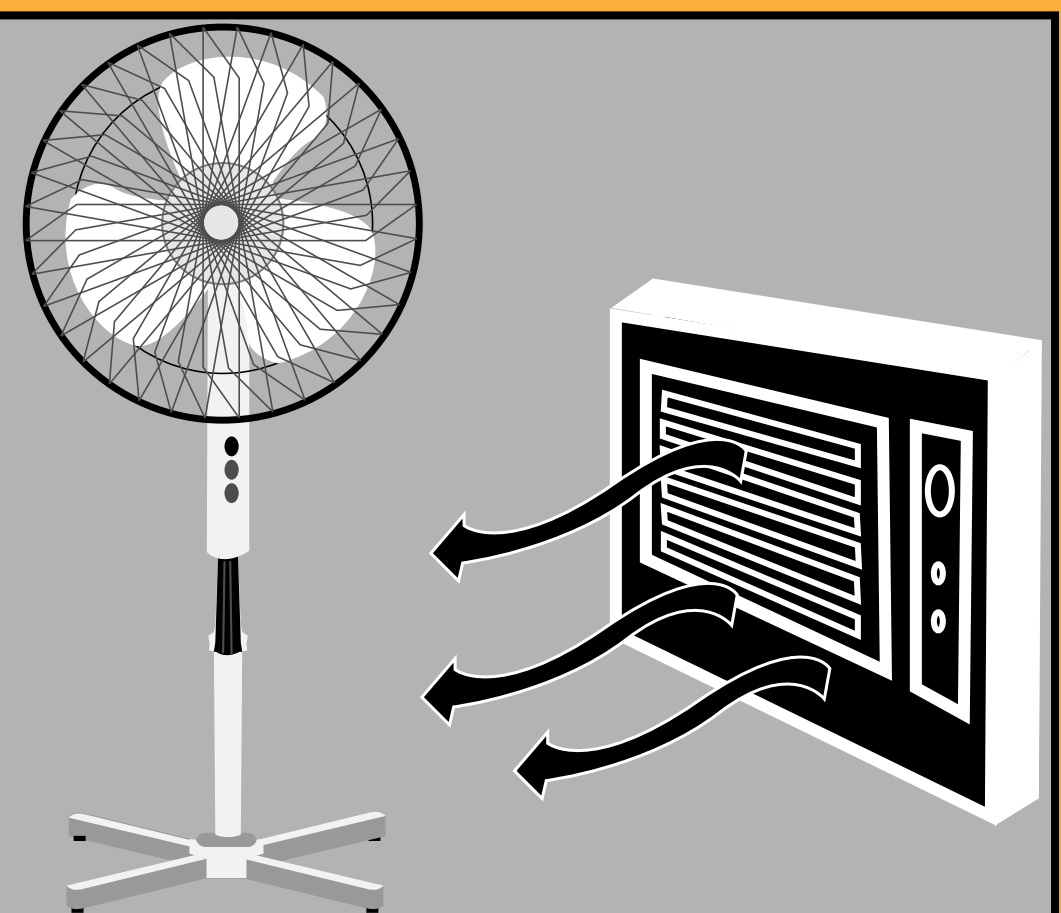
WHAT CAN YOU DO



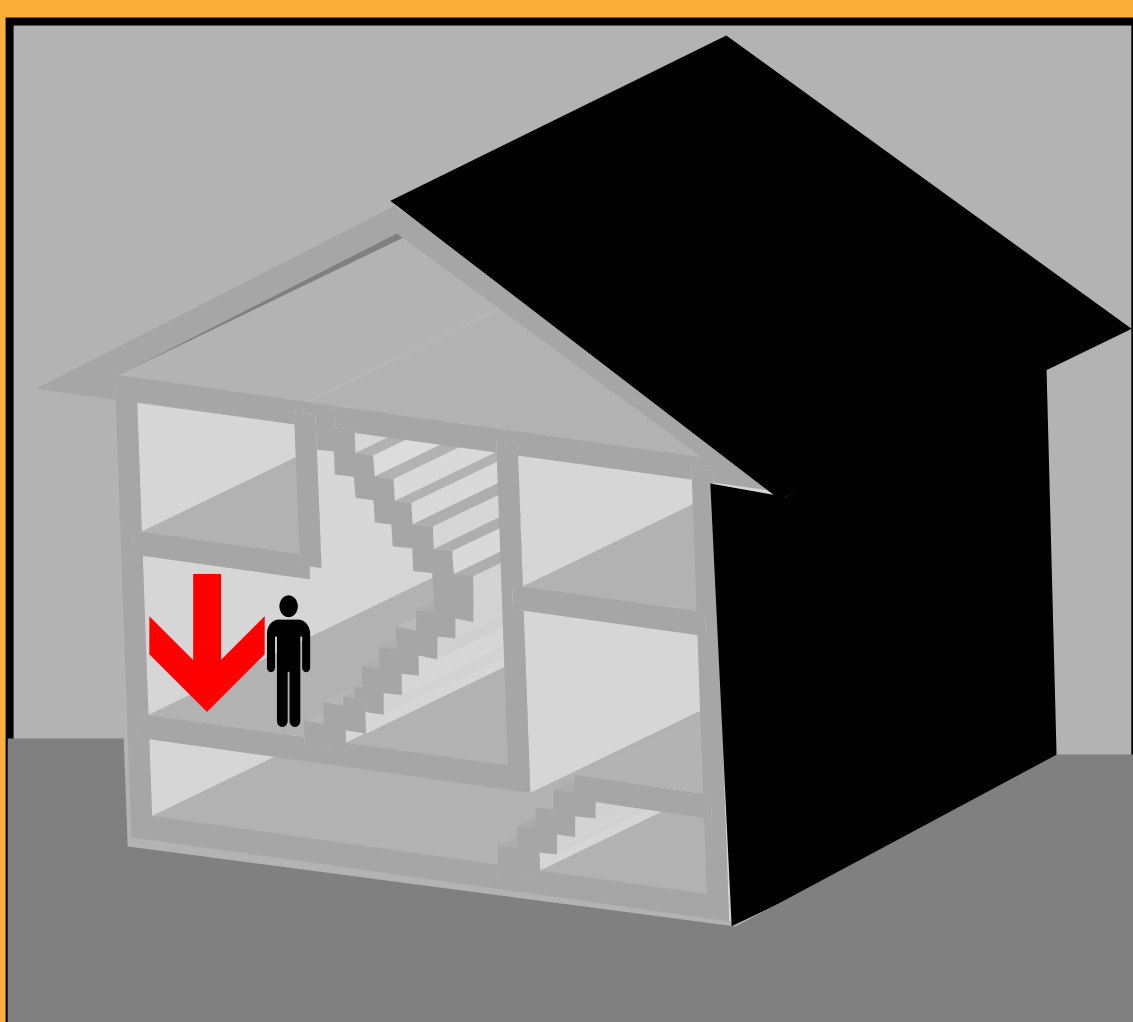
STAY INSIDE



**COVER WINDOWS
THAT RECEIVE SUN**



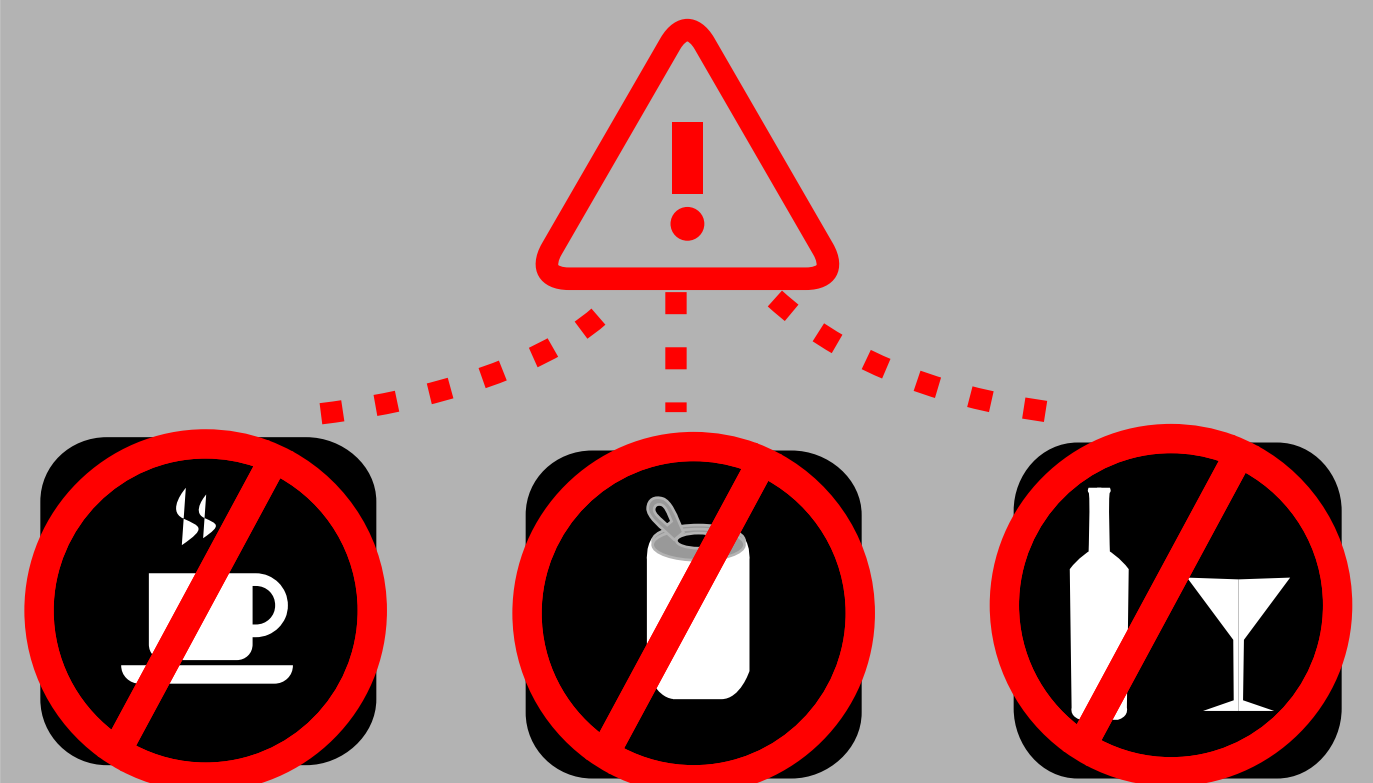
**HAVE A FAN OR
AN AIR CONDITIONER**



**STAY ON THE LOWEST FLOOR
AWAY FROM SUNLIGHT**



DRINK PLENTY OF WATER



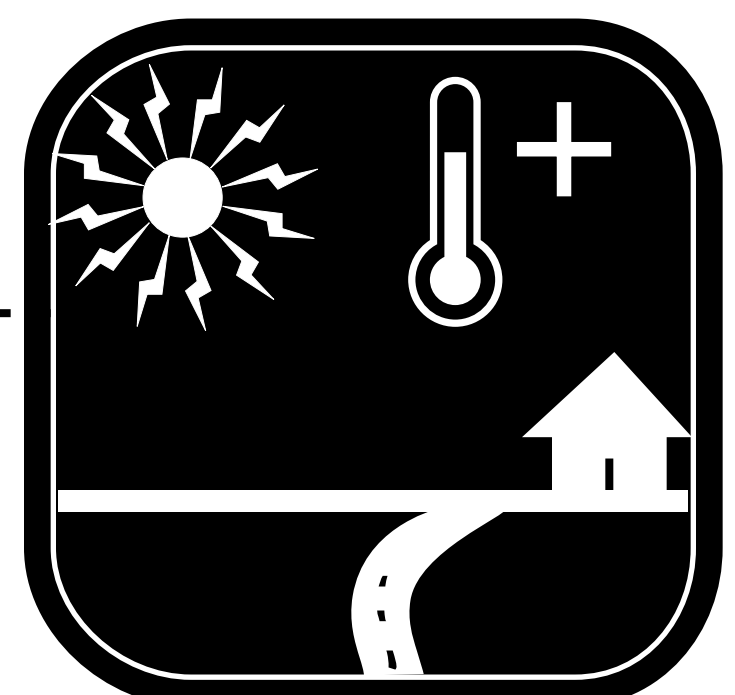
**AVOID CAFFEINE, SUGARY
BEVERAGES AND ALCOHOL**



Extreme Heat Preparedness

"Ways to Survive"

A campaign sponsored by the
Bellevue Office of Emergency Management



Some of the icons were modeled after OCHA Humanitarian icons.
For more information: http://www.bellevuewa.gov/emergency_preparedness.htm
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