



## Stay Hydrated

### Health and Wellness

**Tip of the Week**  
**Week 30**  
**July 27, 2020**

Our Mission is to promote health awareness and encourage healthy lifestyles.

### Heat Stroke vs. Heat Exhaustion

Know the difference and help save a life.

*Signs of heat stroke are:*

- High body temperature (103°+), Upset Stomach, Red, Hot and Dry Skin, Strong Headache, Confusion, Strong rapid pulse, Passing Out, Dizziness

*Signs of heat exhaustion are:*

- Sweating, Dizziness, Paleness, Headache, Cramps, Nausea or Vomiting, Fatigue, Fainting, Weakness

Get help right away if you notice any of these signs and symptoms.

*Source: Centers for Disease Control and Prevention*

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