

# Are you getting over-heated?

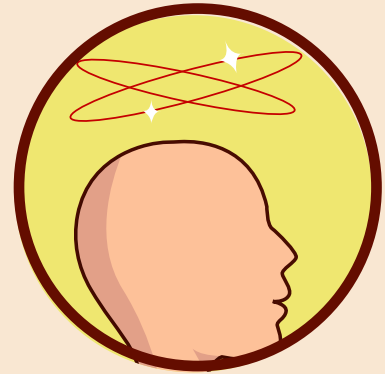
**Be aware of symptoms of overheating as it may lead to dangerous complications.**



**Feeling thirsty.**



**Dry hot skin.**



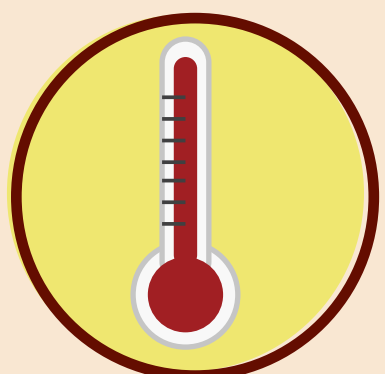
**Feeling dizzy or uncoordinated.**



**Having cramps.**



**Swelling in your limbs.**



**High body temperature.**



**Feeling sick.**