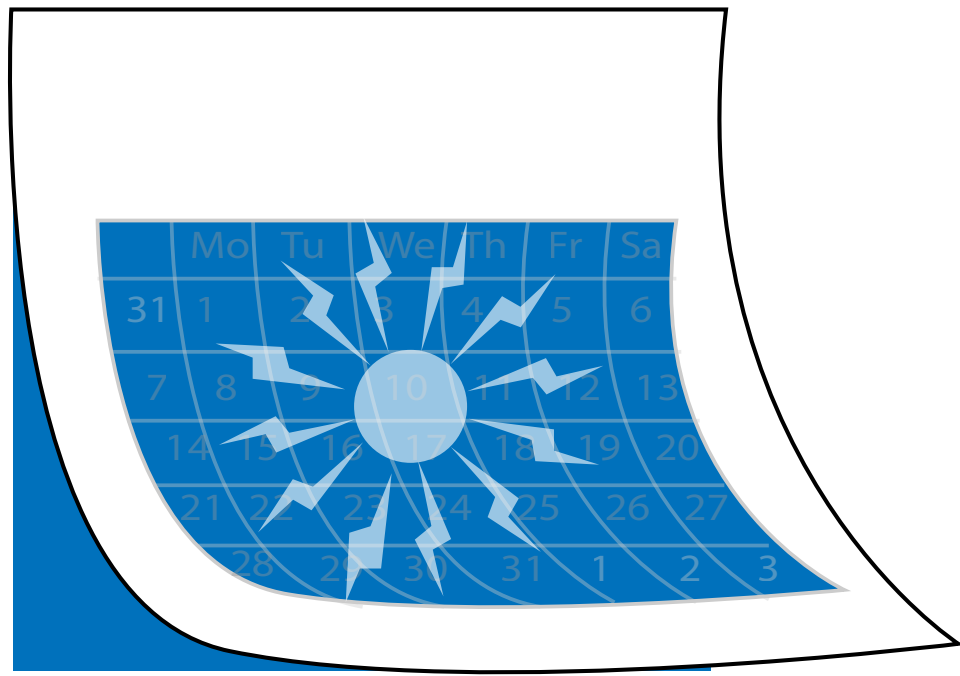
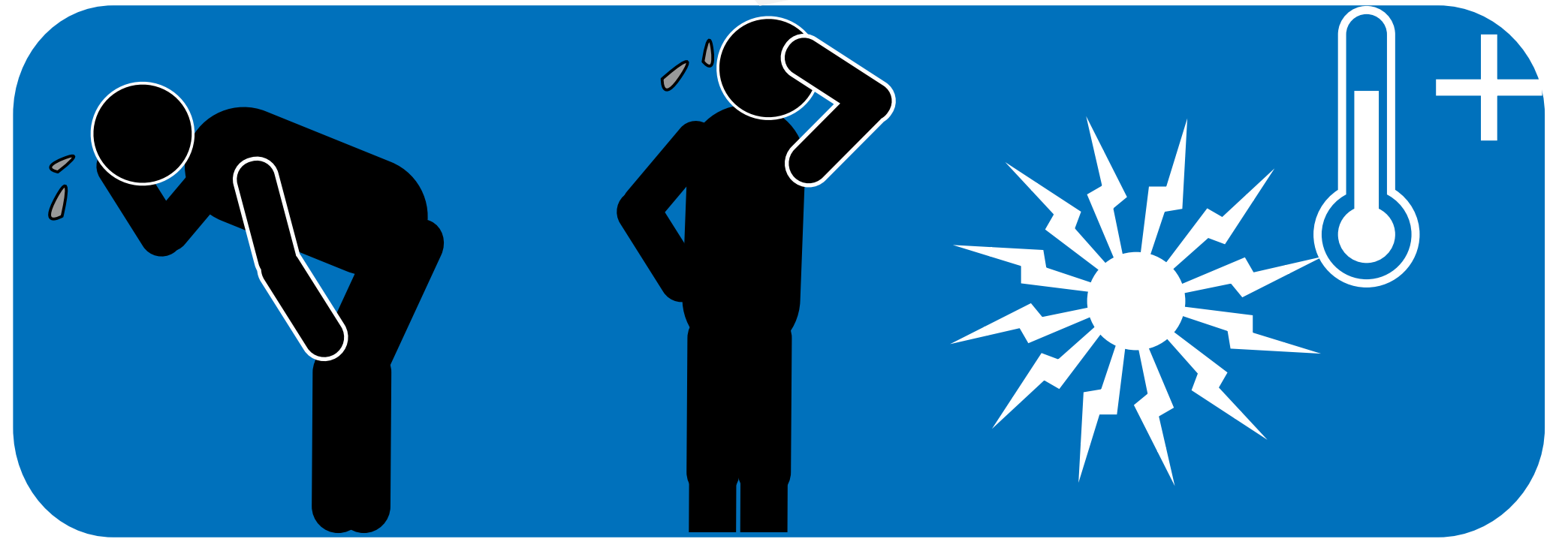


When ?



DURING SUMMER!

What ?

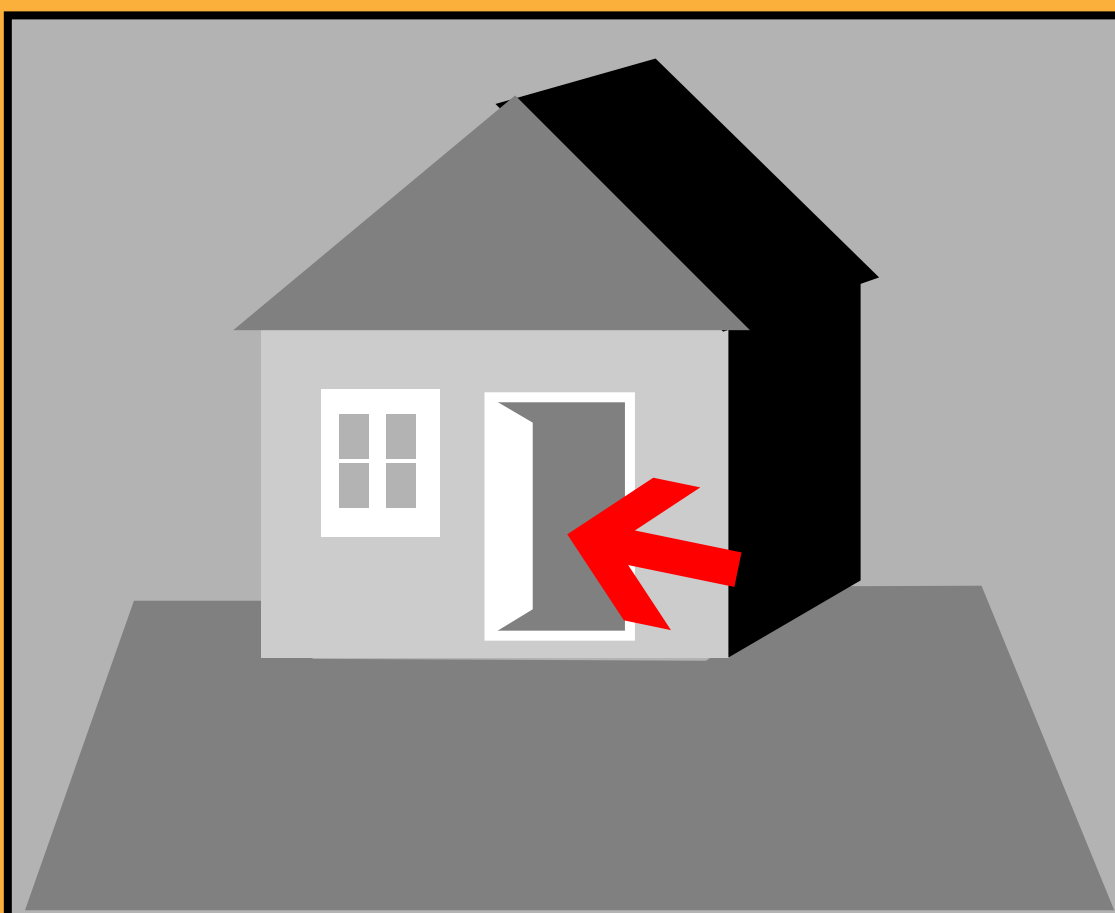


MAKES PEOPLE FEEL TIRED OR LETHARGIC!



**What
to do**

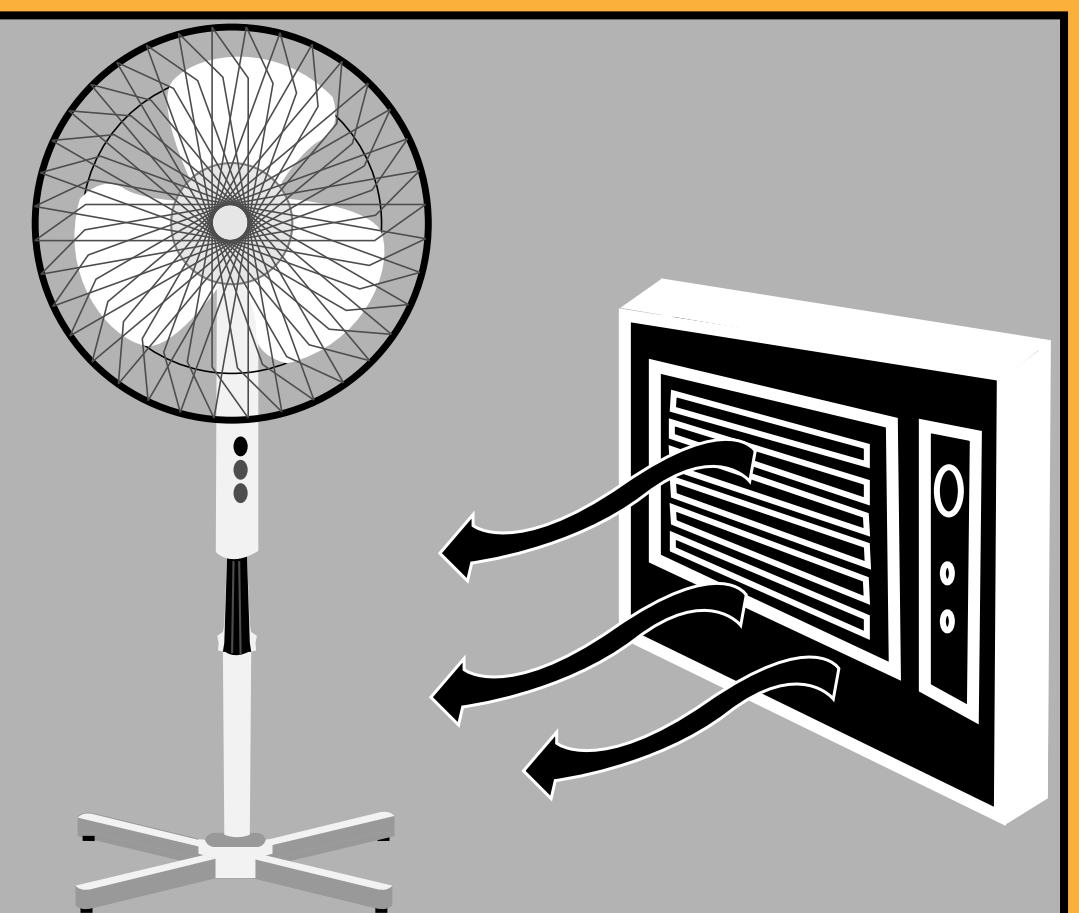
WHAT CAN YOU DO



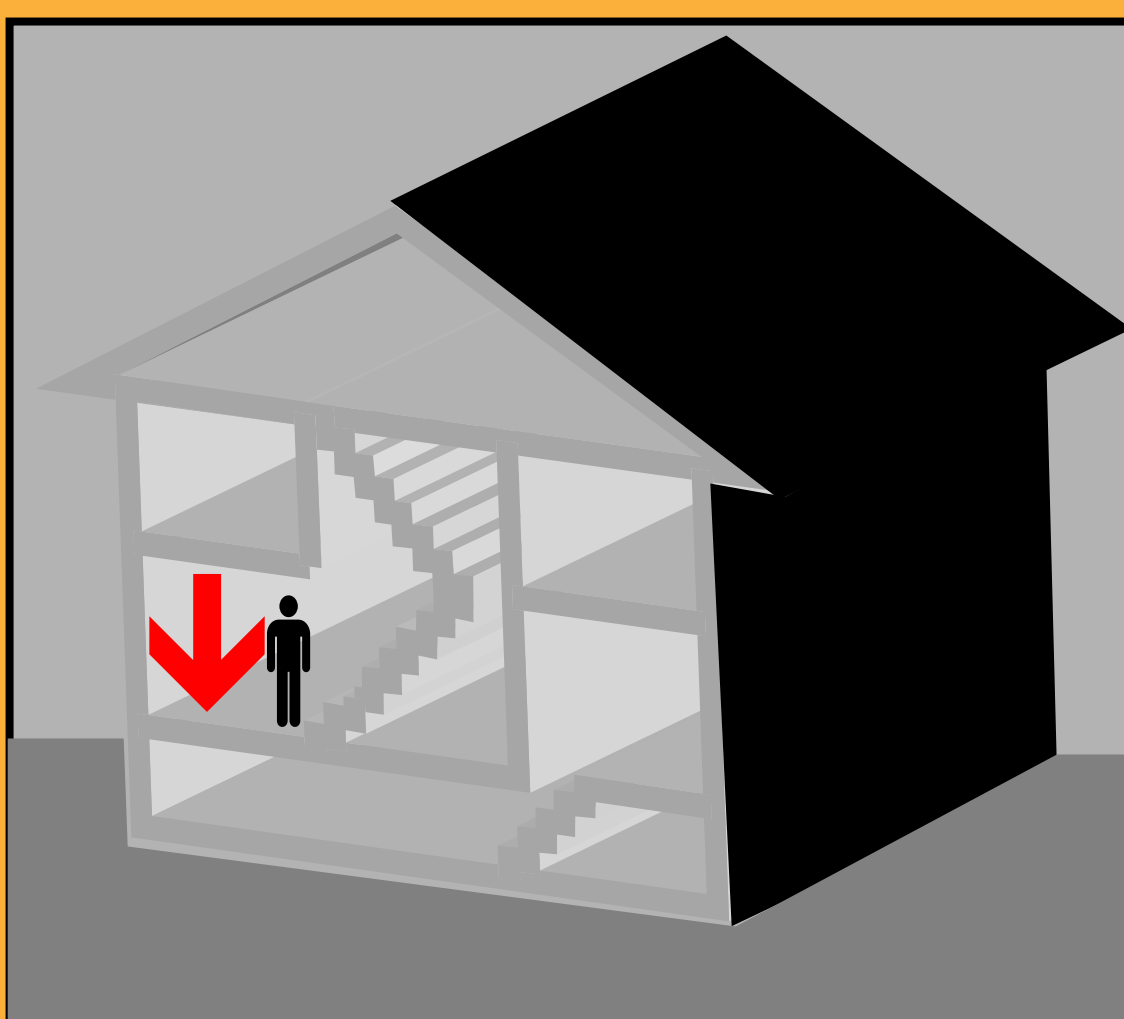
STAY INSIDE



**COVER WINDOWS
THAT RECEIVE SUN**



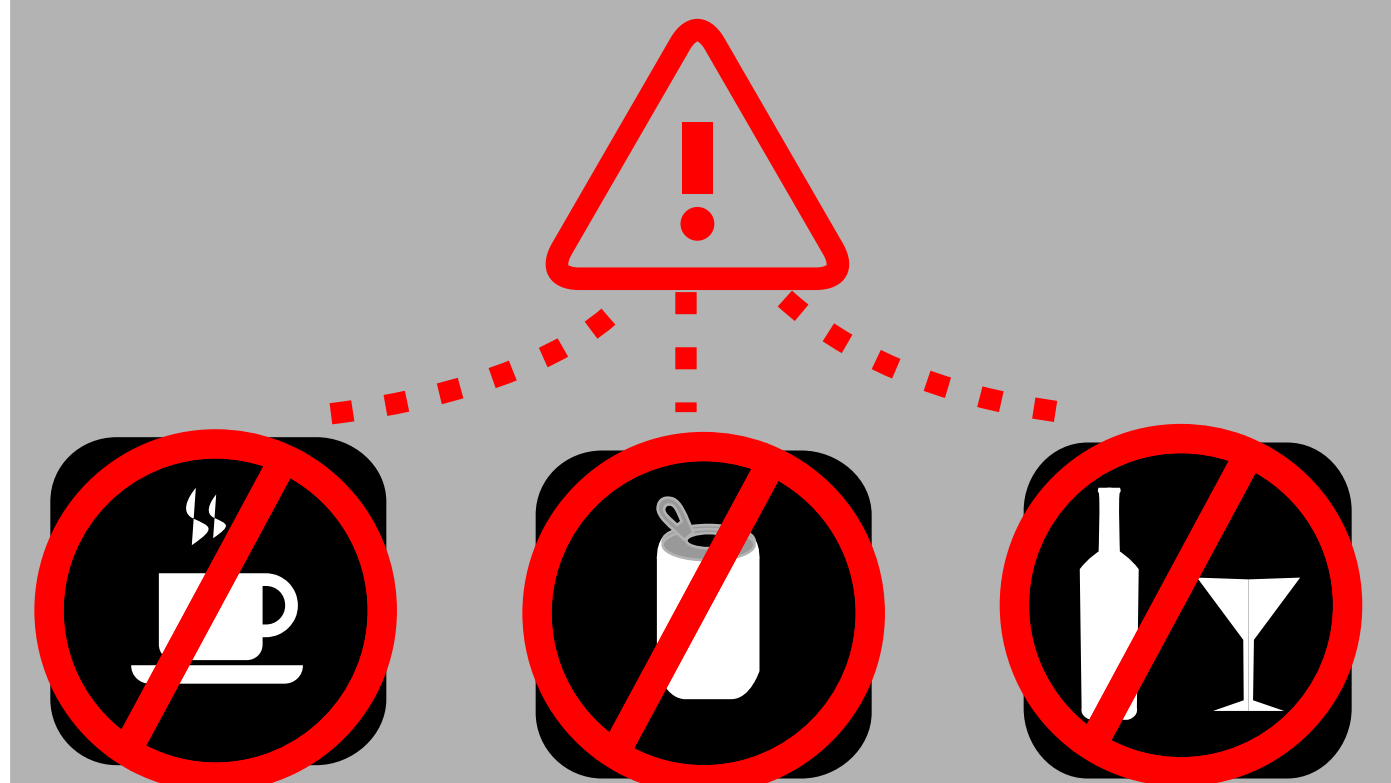
**HAVE A FAN OR
AN AIR CONDITIONER**



**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

