



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

## **Heat Illness 30 Sec PSA**

The summer heat has set in... and it doesn't look like Alabama's climate is cooling down anytime soon.

To avoid heat illnesses, it is important to take preventative measures. Drink more fluids, stay indoors when temperatures are extreme, reduce or eliminate strenuous activities during the hottest times of the day, protect yourself from the sun with a hat and sunscreen, and never leave pets or people in a parked vehicle.

For more information visit [AlabamaPublicHealth.gov](http://AlabamaPublicHealth.gov).

**For more information, contact: Ashley Tiedt  
Ashley.Tiedt@adph.state.al.us / 334-206-2080**