

# PREVENT HEAT-RELATED ILLNESS

**Wearing PPE increases your risk for heat-related illnesses.**



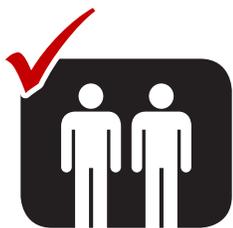
## **TAKE TIME TO ACCLIMATIZE.**

**Work shorter shifts until your body has adjusted to the heat.**



## **STAY WELL HYDRATED.**

**Drink often enough that you do not feel thirsty.**



## **WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.**

**Designate a buddy and ask how they feel periodically.**



## **TAKE TIME TO REST AND COOL DOWN.**

**Sit somewhere cool, rest, and rehydrate frequently.**

For more information: Interim Guidance for Healthcare Workers Providing Care in West African Countries Affected by the Ebola Outbreak: Limiting Heat Burden While Wearing Personal Protective Equipment (PPE)  
<http://www.cdc.gov/vhf/ebola>.