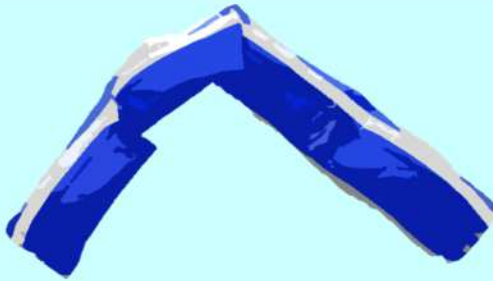# To prevent heatstroke:

☐ **Drink fluids multiple times** a day.

Consume salt through drinks or food.

☐ **Cold towels, hand fans, cool clothing**

Wear cooling items to regulate body temperature.

↑Wrap something cold around your neck

☐ **Check each other's condition, body temperature, and surroundings.**

It's important to communicate with those around you.