



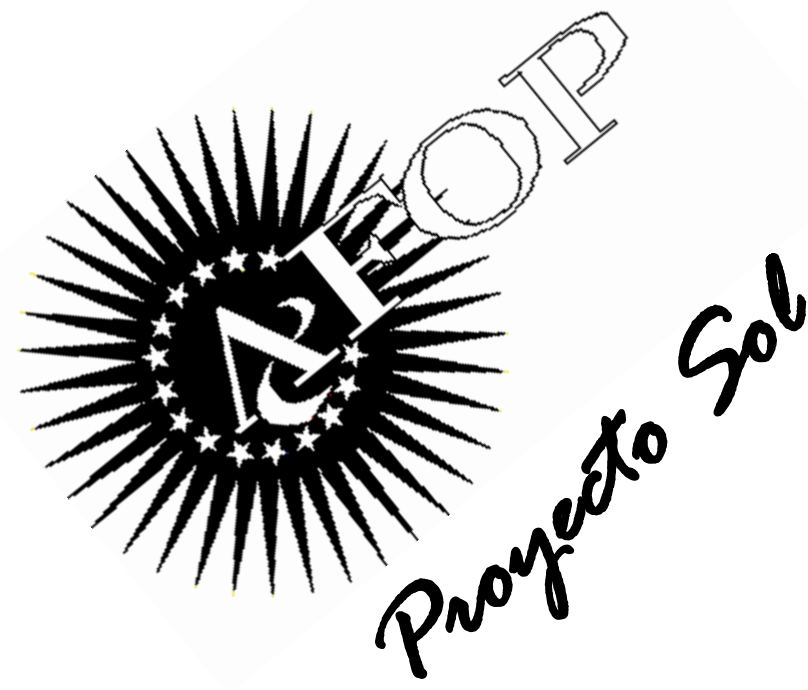
Rest in the shade



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Use light-weight and light-colored clothing

Look out for each other: Watch for symptoms



Drink four cups of water (one quart) each hour

