PREVENT HEAT-RELATED ILLNESS

Wearing PPE increases your risk for heat-related illnesses.

1. **TAKE TIME TO ACCLIMATIZE.**
   Work shorter shifts until your body has adjusted to the heat.

2. **STAY WELL HYDRATED.**
   Drink often enough that you do not feel thirsty.

3. **WATCH FOR SIGNS OF HEAT-RELATED ILLNESSES.**
   Designate a buddy and ask how they feel periodically.

4. **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)