

BEAT

THE

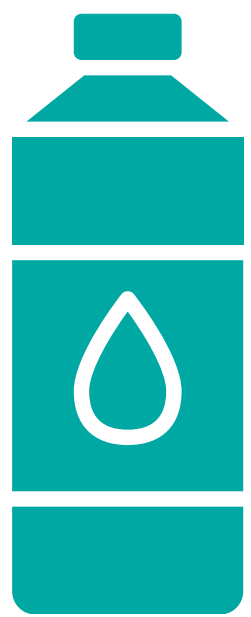
HEAT

Substance use in combination with summer heat can pose additional health risks.

High temperatures + drugs/medication can:

- Reduce the body's ability to control its own temperature
- Increase internal body temperature
- Make it difficult to recognize symptoms of overheating and dehydration

HYDRATE



Drink plenty of water -
don't wait until you feel
thirsty

REST



Try to stay calm and
rest as increased
bodily stress can make
symptoms worse

SHADE



Try to stay inside cool
places or under
shade

Other Tips to Stay Safe

- Minimize mixing substances or use less frequently
- Don't use alone and use a buddy system to watch out for others who might be using