



Heat Illness 30 Sec PSA

It's summer once again in Alabama...which means the heat and humidity aren't likely to go away anytime soon.

To avoid heat illnesses, it is important to take preventative measures. Drink more fluids, stay indoors when temperatures are extreme, reduce or eliminate strenuous activities during the hottest times of the day, protect yourself from the sun with a hat and sunscreen, and never leave pets or people in a parked vehicle.

This message brought to you by the Alabama Department of Public Health and this station.

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