



# Heat Illness Prevention

## What is heat illness?

Heat illness or [heat-related illness](#) is a group of illnesses due to exposure to heat. It includes minor conditions such as [heat cramps](#), [heat syncope](#), and [heat exhaustion](#) as well as the more severe condition known as [heat stroke](#), which can be fatal.

## What are the warning signs and symptoms of Heat Illness?

For warning signs and symptoms of Heat Illness [click here](#).

## How can I prevent Heat Illness?

[Tips to Prevent Heat Related Illness](#)

[Extreme Heat and Your Health](#)

[Keep Pets Safe in the Heat](#)

[Cooling Centers](#)

## Additional Resources:

[San Joaquin Valley Air Pollution Control District](#)

[National Weather Service—Forecast](#)



Department of  
Public Health