

WORLD CUP
2026

Heat Safety

STAY **COOL.**

STAY **HYDRATED.**

STAY **INFORMED.**



Drink lots of fluids.

Increase the amount you drink to stay hydrated.



Limit outdoor activities.

Reduce outdoor exercise and work during hot weather.



Check on people most at risk.

Look out for those who are elderly, sick, or very young.



Know the signs of heat illness.

Watch for symptoms like heavy sweating, dizziness, and nausea.