

Don't sweat it

SOT

Maddy Draper, APRN
OSF HealthCare

"It's either raised, red bumps or blisters filled with clear fluid or pus." (:12)

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"There's no cure for it. It's just getting back into a normal, less hot environment. Wear less clothing. Get the sweat off your body." (:11)

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"Stay in cooler environments. Everyone likes to be outside in the warmth, but try not to prolong those exposures. If you feel symptoms [of heat illness], come inside and cool off." (:15)