

HOW
TO

Avoid Heat Related Illnesses

Watch your diet. Avoid sugary drinks, a lot of caffeine and fatty foods.

HEALTH



Stay hydrated! Drink water or electrolyte based drinks often!

HYDRATE



Rest and cool down in the shade during breaks!

REST



Check weather forecast before work. Wear clothing appropriate for working in heat

PLAN



TIPS FOR STAYING SAFE DURING EXTREME HEAT CONDITIONS WHILE WORKING

KNOW THE SIGNS OF HEAT-RELATED ILLNESSES AND HOW TO RESPOND



Heat Cramps

Signs: Muscle pains or spasms in the stomach, arms or legs.

Actions: Go to a cooler location. Drink cool sports drinks with salt and sugar. Remove excess clothing.

Heat Exhaustion

Signs: Heavy sweating, cramps, dizziness, weakness, headache, fainting, nausea, vomiting.

Actions: Go to an air-conditioned place. Lie down. Remove clothing. Take a cool bath. Drink cool sports drinks with salt and sugar.

Heat Stroke

Signs: Body temp of above 103 degrees. Red, hot and dry skin with no sweat. Rapid, pulse. Dizziness, confusion or unconsciousness.

Actions: Call 9-1-1 or get to a hospital immediately. Try Cool down until medical help arrives.

Seek medical attention if any symptom worsens or last more than one hour.



EARLY VOTING SCHEDULE

STATE AND FEDERAL PRIMARY &
COUNTY GENERAL ELECTION
THURSDAY, AUGUST 6, 2020

ALL EARLY VOTING LOCATIONS OPEN

Friday, July 17, 2020 - Saturday, August 1, 2020

FRIDAY, JULY 17	8:00 AM – 5:30 PM
SATURDAY, JULY 18	8:00 AM – 4:30 PM
MONDAY, JULY 20	8:00 AM – 5:30 PM
TUESDAY, JULY 21	8:00 AM – 7:00 PM
WEDNESDAY, JULY 22	8:00 AM – 4:30 PM
THURSDAY, JULY 23	8:00 AM – 7:00 PM
FRIDAY, JULY 24	8:00 AM – 5:30 PM
SATURDAY, JULY 25	8:00 AM – 4:30 PM
MONDAY, JULY 27	8:00 AM – 5:30 PM
TUESDAY, JULY 28	8:00 AM – 7:00 PM
WEDNESDAY, JULY 29	8:00 AM – 4:30 PM
THURSDAY, JULY 30	8:00 AM – 7:00 PM
FRIDAY, JULY 31	8:00 AM – 5:30 PM
SATURDAY, AUGUST 1	8:00 AM – 4:30 PM

Belle Meade City Hall
Bellevue Library
Bordeaux Library
Casa Azafrán Community Center
Edmondson Pike Library
Goodlettsville Community Center
Green Hills Library
Hermitage Library
Howard Office Building
Madison Library
Southeast Library

4705 Harding Pike, Nashville, TN 37205
720 Baugh Road, Nashville, TN 37221
4000 Clarksville Pike, Nashville, TN 37218
2195 Nolensville Pike, Nashville, TN 37211
5501 Edmondson Pike, Nashville, TN 37211
200 Memorial Drive, Goodlettsville, TN 37072
3701 Benham Avenue, Nashville, TN 37215
3700 James Kay Lane, Hermitage, TN 37076
700 2nd Avenue S, Nashville, TN 37210
610 Gallatin Pike S, Madison, TN 37115
5260 Hickory Hollow Pkwy, Antioch, TN 37013