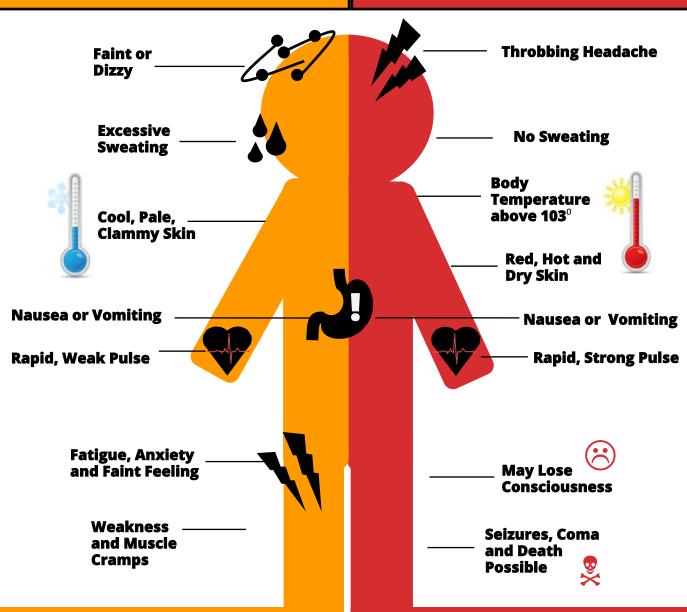


# **HEAT EXHAUSTION OR HEAT STROKE?**

Heat-related illnesses are very common in the summer months. It is important to understand and identify the symptoms and know how to react swiftly and appropriately when they arise.

#### **HEAT EXHAUSTION SYMPTOMS**

# **HEAT STROKE SYMPTOMS**



# **HOW TO RESPOND:**

- Get to a cooler, air conditioned place.
- Remove excess clothing and fan skin.
- Take a cool shower, use cold compress or place cool towels or clothes.
- Drink water if fully conscious.

# **HOW TO RESPOND:**

Call 9-1-1 TAKE IMMEDIATE ACTION UNTIL HELP ARRIVES!

- Remove excess clothing.
- Place ice bags on the armpits and groin areas.