

# 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:

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- 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.

**Call 9-1-1**

**TAKE IMMEDIATE ACTION UNTIL HELP ARRIVES!**

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